



Imagine the Possibilities

**NUTRITION ALLIANCE, LLC
16TH ANNUAL
CONFERENCE & VENDOR SHOW**



**Thursday, June 2, 2016
The Falls Event Center
4635 E Baseline, Gilbert, AZ**

Sponsored by:



CONFERENCE AGENDA

TIME	MAIN HALL	CONFERENCE ROOM	CULINARY THEATER
7:00 - 8:00	Registration and Continental Breakfast		
8:00 - 8:45	2016 Nutrition Trends and Awards - Anna de Jesus, MBA, RDN, President, Nutrition Alliance, LLC		
8:45 - 9:45	<p>NEWtrition – Reimagining the Possibilities!</p> <p>Julie Brown, MS, RD, CSSD National Nutrition Coordinator Life Time Fitness</p>	<p>Staying Abreast of the Food Code</p> <p>David Ludwig, MPH, REHS, RS, CPM Environmental Health Program Mgr. Pima County Health Department & Rebecca Vanderplaats, RS, CPM Institutional Care/Processing Supervisor Maricopa County Environmental Service</p>	<p>Keeping it Fresh</p> <p>Benjamin J Groeger, CCC, CCE Culinary Specialist Sysco Arizona, Inc.</p>
9:45 – 10:00	BREAK		
10:00 - 11:30	<p>What's On the Horizon? Survey Updates</p> <p>Kay Huff, RN & Sylvia Turner, RN Team Lead Bureau of LTC Licensing Eleanor Strang, RN, PhD Team Lead Bureau of Residential Facilities AZ Dept. of Health Services</p>	<p>The Road to 2015 Dietary Guidelines</p> <p>Kayle Skorupski, MS, RDN, CNSC, CSG Assistant Professor of Practice Nutritional Services University of Arizona & Nutrition and Culinary Consultant Nutrition Alliance, LLC</p>	<p>CrayZ Healthy Quesadillas</p> <p>Alan Zimmerman, CFE Executive Chef Consultant Nutrition Alliance, LLC</p>
11:30 - 1:30	VENDOR FAIR AND ORDERING SHOW - LUNCH - DOOR PRIZES		
1:30 - 3:00	<p>Labor Law & Employment Solutions</p> <p>Craig J. O'Loughlin Partner Chair of the Labor and Employment Group Quarles & Brady LLP</p>	<p>Scale it Down Morbid Obesity / Bariatric Nutrition</p> <p>Melissa Daniels, MS, RD, Registered Dietitian Liberation Center</p>	<p>Emerging Trends</p> <p>Eric Lindholm Regional Director of Food & Dining Five Star Senior Living</p>
3:00 - 3:15	BREAK		
3:15 - 4:15	<p>Nutrition & Addiction</p> <p>Nancy Romanick, MBA, MAPC, RDN, LAC Nutrition & Culinary Consultant Nutrition Alliance, LLC & Thrive Therapy</p>	<p>TPN</p> <p>Stephanie Sanchez, RDN, CNSC Specialty Care Manager Nutrition Alliance, LLC</p>	<p>Empowered Eating for Mental Stamina, Clarity and Saneness</p> <p>Chef Stephanie Green, RDN Editor in Chief Green's Cookery</p>
4:15 - 4:30	CLOSING REMARKS & DOOR PRIZES CEU CERTIFICATES AVAILABLE		

SESSION DESCRIPTIONS

MAIN HALL

8:45 – 9:45 **NEWtrition-Reimagining the Possibilities!**

Julie Brown, MS, RDN, CSSD. National Nutrition Coordinator, Life Time Fitness

Nutrition is on every client's mind these days. From paleo diets to low carb. This session goes beyond the traditional nutrition professional role and discusses how we can truly reach more people with the right messages. New, scientifically based trends will be presented.

10:00 – 11:30 **What's on the Horizon? – Survey Updates**

Kay Huff, RN & Sylvia Turner, RN. Bureau of Long Term Care Team Lead, AZ Department of Health Services
Ellie Strang, RN, PhD. Bureau of Residential Facilities Team Lead. AZ Department of Health Services

This popular presentation will highlight the latest regulatory changes, survey citations and trends in AZ Assisted Living, Behavioral Health and Long Term Care communities. Learn what the top citations are and how to avoid them. Bring your questions with you and ask our surveyors!

1:30 – 3:00 **Labor Law and Employment Solutions**

Craig J. O'Loughlin, Partner, Chair of the Labor and Employment Group, Quarles & Brady, LLP

Back by popular demand! Listen to Craig as he discusses how to defend yourself against wrongful discharge, discrimination charges, wage and hour violations and a host of other employment issues. Hear firsthand about real case files, how to avoid them and what to do, if your company is sued. Questions are welcome.

3:15 – 4:15 **Nutrition and Addiction**

Nancy Romanick, MBA, MAPR, RDN, LAC, Nutrition & Culinary Consultant, Nutrition Alliance, LLC & Thrive Therapy

Nutrition is key in the addiction & recovery process. Food plays an important role in physical and mental health. Nancy will bring her expertise as a Registered Dietitian and Licensed Therapist to discuss the role of nutrition and addiction and provide suggestions on how to help clients through their recovery.

CONFERENCE ROOM

8:45 – 9:45 **Staying Abreast of the Food Code**

David Ludwig, MPH, REHS, RS, CPM. Environmental Health Program Manager, Pima County Health Department
Rebecca Vanderplaats, RS CPM. Institutional Care/Processing Supervisor, Maricopa County Environmental Service

Pima county environmental health services is undergoing changes. Listen to David discuss revisions to the Food Code in Pima County. Welcome Rebecca as she gives us insight into the trends, changes and top citations reported during county inspections.

10:00 – 11:30 **The Road to 2015 Dietary Guidelines**

Kayle Skorupski, MS, RDN, CNSC, CSG. Asst. Professor of Practice, Nutrition Services, U of A, and Nutrition and Culinary Consultant, Nutrition Alliance, LLC

The latest Dietary Guidelines for Americans no longer demonizes fats, nor does it prohibit the intake of eggs to lower one's cholesterol level. And for the first time, coffee consumption is discussed. Learn the latest revisions at this very informative presentation.

1:30 – 3:00 **Scale it Down – Morbid Obesity / Bariatric Nutrition**

Melissa Daniels, MS, RD. Registered Dietitian, Liberation Center

Ms Daniel's will be focusing on the importance of understanding the psychology behind morbid obesity and how to nutritionally treat bariatric clients. You will walk away from this session with an understanding of the impact a dietitian can have on helping bariatric clients, if we think outside of the box.

3:15 – 4:15 TPN

Stephanie Sanchez, RDN, CNSC. Specialty Care Manager, Nutrition Alliance, LLC

As acuity rises in senior healthcare communities and hospitals, learn the best total parenteral nutrition (TPN) formula to use for various disease states. Troubleshoot TPN intolerance, learn which labs to monitor and how to calculate nutritional needs. Stephanie and our panel of Registered Dietitian-Nutritionists will be present to answer your burning questions.

CULINARY THEATER

8:45 – 9:45 Keeping it FRESH!

Benjamin J Groeger, CCC, CCE. Culinary Specialist, Sysco Arizona, Inc.

Vegetables are too often an uninspiring afterthought when planning a menu. Chef Ben Groeger will discuss and demonstrate various ways to bring fresh, seasonal vegetables to the center stage. Brainstorm ideas. Recipes will be available.

10:00 – 11:30 CrayZ Healthy Quesadillas

Alan Zimmerman, CFE. Executive Chef Consultant, Nutrition Alliance, LLC

Quesadillas are traditionally a flour tortilla filled with cheese, meat and/or vegetables then grilled. It is not unusual for a quesadilla to contain 500+ calories and 25+ grams of fat. Chef Alan Zimmerman will introduce you to a variety of healthy options available to make tasty quesadillas that are good for you and the residents will love. Samples and recipes will be available.

1:30 – 3:00 Emerging Trends

Eric Lindholm, Regional Director of Food and Dining. Five Star Senior Living

Without a doubt, today's consumers have more discriminating tastes, are well educated and demanding. They expect the most value for their hard earned dollar. Great food, wonderful ambiance, healthful choices at the right price is their mantra. The presentation will focus on the trends impacting senior living - be it retirement communities, assisted living, skilled or post acute care. Discover the steps we need to put in place to meet our residents' expectations.

3:15 – 4:15 Empowered Eating for Mental Clarity, Stamina and Saneness

Chef Stephanie Green, RDN. Editor in Chief. Green's Cookery and Nutrition Studio

Are you ready to feel better and work smarter? In this presentation Chef Green will show you how you can take control of your life through good food and nutrition. You'll learn how foods can make or break your day. Identify stress triggers and what to do about them. Discover how you can make simple changes that will help you feel better, think clearer and have more energy.

VENDOR FAIR

11:30- 1:30 Exhibits open

Place your orders today at our buying show. Vendor will take your orders and provide these to the distributor of your choice. Six weeks' worth of orders may be placed.

REGISTRATION FORM

Registration Fee:

NUTRITION ALLIANCE CLIENTS ONLY: \$89 in advance (by 5/26/16), \$99 at the door.

Administrator Discount: 1 Administrator FREE with every 2 paid participants per facility

OTHERS: \$99 in advance (postmarked by 5/26/16), \$109 at the door.

Participant #1

Name: _____
E-Mail: _____
Company: _____
Title: _____
Address: _____
City: _____ State: _____ Zip: _____

Participant #2

Name: _____
E-Mail: _____
Company: _____
Title: _____
Address: _____
City: _____ State: _____ Zip: _____

Participant #3

Name: _____
E-Mail: _____
Company: _____
Title: _____
Address: _____
City: _____ State: _____ Zip: _____

Participant #4 or FREE Administrator

Name: _____
E-Mail: _____
Company: _____
Title: _____
Address: _____
City: _____ State: _____ Zip: _____

Payment Info:

Bill my facility (**Nutrition Alliance Clients Only**) Total \$ _____

Check enclosed (Payable to: Nutrition Alliance) Total \$ _____

Charge to American Express / Visa / MasterCard (please print clearly) Total \$ _____

Card #: _____ Exp Date: _____ 3 or 4 digit ID# _____

Name as it appears on card: _____

Billing address: _____

Signature: _____ Contact phone #: _____

You MUST fax, e-mail or mail in registration form PHONE ORDERS NOT ACCEPTED

Cancellation Policy: Written cancellation prior to 5/25/16 will entitle you to a full refund. Cancellations received after 5/25/16 will result in a \$50 administration fee. **There are no refunds for no-shows.**

Send registration to:

MAIL: Nutrition Alliance P.O. Box 14143 Tempe, AZ 85284-0070

FAX: (888) 550-4813

E-MAIL: lauried@nutritionalliance.com

Questions - Contact Laurie at 602-361-7246, lauried@nutritionalliance.com or Anna at 602-819-8394, annad@nutritionalliance.com

Nutrition Alliance 16th Annual Conference

*Imagine
the
Possibilities*

Thursday, June 2, 2016
The Falls Event Center
4635 E Baseline Rd, Gilbert, AZ 85324
The Falls is on Baseline Rd just east of Greenfield Rd

7.5 CEUs for AL & Skilled Nursing
Administrators, CDM's, RDN's and DTRs

ADVANCED REGISTRATION
DEADLINE IS May 16, 2016



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Tempe, AZ 85284-0070