

THE NETWORK NEWSLETTER

Connecting Consultants of S & S Nutrition Network Inc.



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Happy New Year!

Another year has passed us by with a fresh new beginning ahead of us. I like to take some time to reflect on the previous year. What were my fondest memories? My proudest achievements? My laugh-out-loud moments?

Looking ahead, I consider what I want to accomplish in the upcoming year and try to plan my approach in achieving these goals.

Do you have goals, aspirations, resolutions for the new year? Please share any that are career or work related so that we can support you and do what we can to help you achieve these.

We hope that your past year overflowed with blessings and that the year to come will exceed all your expectations!

SAVE THE DATES: IHCA Winter Workshop

When: February 12th 2019

Where: Boise Centre

Register: <http://www.idhca.org/events/2019-winter-workshop-legislative-luncheon/>

Summary: Nutrition sessions include "Are You a 'Manager' or a Leader?", "Trends in LTC Foodservice", "A Culture of Food Safety: Why I Do What I Do", and "Infection Prevention in Foodservice... What You Need to Know".



Idaho AND Annual Meeting

When: April 25th & 26th

Where: Jack's Urban Meeting Place

Register: <https://www.eatrightidaho.org/meeting/attend/registration/>

2019 S & S Summer Meeting

When: July 9-11

Where: Boise Centre

Register: <http://www.idhca.org/events/53rd-annual-convention-tradeshow/>

Agenda to include: "PDPM, VBP, PPS, OMG!", Costs of Malnutrition and Dehydration, Food is Love: The Economics of the Food and Nutrition Department, Promoting Independence with Dining, and more!



Want an excuse to travel..?

Aspen 2019 Nutrition Science & Practice
Conference

March 23-26 in Phoenix AZ

<http://www.nutritioncare.org/conference5/>

Today's Dietitian Symposium

May 19-22 in Scottsdale AZ

<https://www.todaysdietitian.com/symposium.shtml>

Nutrition Focused Physical Exam Training
Clarkston WA, Feb 22

www.eatrightpro.org/events

American Diabetes Association

79th Scientific Sessions

June 7-11

San Francisco CA

scientificsessions.diabetes.org



Member Spotlight: Do You Know Who This Is?



I became interested in food and nutrition in junior high school. A student teacher in my health education class reviewed a food label and taught the class how to determine the percentage of calories from carbohydrates, fat, and protein. I was hooked... I wanted to know more!

Some of the most rewarding experiences I have had working as a dietitian include helping a dietary manager with successful outcomes, especially improving food quality. Food makes such a difference for residents in long term care facilities. I like to be a part of that. I feel good when facilities have successful survey outcomes. Helping clients better understand therapeutic diets, whether it's a renal diet or a diabetic diet, teaching them how they can enjoy foods they like on the therapeutic diet. That's a win-win for the client and myself.

Fun Fact About Me:

(1) I won a hoola hooping contest at a Streets for People festival in Boise when I was 12. I hoola hooped for 49 minutes and 12 seconds.

(2) The summer between my sophomore and junior year in college, I worked as a park ranger at Harriman State Park.

(3) My aunt and grandma were both dietitians.





A big Welcome to
these additions to the
S & S family

Hailey Evans
Twin Falls

Let's Celebrate this Quarter's Anniversaries!
>10 Years

EmmyLou Newell (11 years)

Renee Legan (12 years)

Dawn Wilson (14 years)

Rachell Larsen (18 years)

Anna Long (19 years)





Nutrition / Dietary Deficiency Free this quarter:

Cascadia of Mountain Valley
Kellogg


Bridgeview
Twin Falls

Life Care Treasure Valley
Boise

Advanced Health Care
Grangeville

Cascadia of Shaw Mountain
Boise

Maddison Carriage Cove
Rexburg



Newsworthy:

Study: Supermarket produce may harbor antibiotic resistance genes
Researchers who tested mixed salad, arugula and cilantro purchased from German supermarkets found the produce had transferable antibiotic resistance genes. The study, reported in the journal mBio, said antibiotic resistance genes may not be detected by traditional testing.

Study Reveals Need For Uniform Approach To Assess Dehydration In Nursing Home Residents. Provider Magazine (8/22, Huaquil, 151K) reports that "a wide variety of methods have been used to assess dehydration" in skilled nursing center residents "and that it is often unclear which type of dehydration – chronic or acute – is being measured," according to a new study in the August issue of JAMDA.

MDS 3.0 Revision
effective Oct 1, 2018 -
updated section K (click
to be redirected)



Free Webinar Resources:

- <https://videos.anfponline.org/home>
- <https://www.ecolab.com/media-center/on-demand-webinars>
- <https://www.foodhandler.com/education-training/>

Limited Liability Company or S-Corporation:

Which is it right for you?

By Maureen Sykes, RDN, LD

Overview:

- Independent, or 1099, contractors run their own businesses.
- As a small business owner, an independent contractor should treat his or her work like any other entrepreneur would, and that includes considering the formation of a separate business entity.
- 1099 contractors need to treat their service as a business to protect themselves and their clients. A great way to prove you're contracting work is a business is by forming an LLC or Corporation
- Turning your business into an LLC or S-Corp limits your liability for any ensuing suits or disputes.
- Effectively, forming an LLC turns your business into its own, separate entity. That way it's liable for its own debts and obligations.
- Forming an LLC or Corporation puts your personal assets into a protective bubble, so they won't ever be seized to pay for company debt or other expenses.
- In addition to that, taxes won't become more complicated and you'll enjoy the limited liability of any other LLC or Corporation. Any set-up costs of an LLC are usually tax deductible.
- Unless told otherwise, the IRS treats LLCs and Corporations as sole proprietorships or general partnerships for tax purposes.
- That means anything the LLC or Corporation earns flows through it, directly to its owner(s). There's thus no need to worry about double taxation or corporate income tax.
- Should 1099 contractors form an LLC or an S-Corporation? That all depends on their personal situation, (says our C.P.A.) but there are some great benefits to it, such as creating a better umbrella for all the potential business expenses such as license, insurance, supplies, travel, mileage, etc..

What is an L.L.C. ?

- LLC stands for a Limited Liability Company.
- The main reason for forming an LLC is to separate your personal affairs from your business.
- When done properly, and kept compliant, an LLC means you are not responsible personally for debts or liabilities of your business: invaluable protection if needed.

What is an S-Corp?

- S-corporation is a business (LLC or Corporation) that that has filed Form 2553 (aka the "S Election").
- The filing of the S Election informs the IRS that the business desires to be taxed under Subchapter S of the Internal Revenue Code. The advantage of S-Corp taxation is a minimization of the Self Employment Tax burdens. This savings can be significant depending on personal situation.

How Do I form an LLC or S-Corp?

- First you need to pick a name for your LLC or Corporation. You need to do an initial search to make sure the name you pick has not been taken.
- Forming an LLC or Corporation then requires filing official paperwork with your State. The exact rules vary by State but can be easily accessed by a web search.
- In Idaho, use this site to become an LLC: https://sos.idaho.gov/corp/llc_form.html
- In Idaho, this website to form a S-Corp: https://sos.idaho.gov/corp/corp_form.html
- Once registered, you will receive protection as well as an EIN to open a bank account and pay taxes.





Mountain West Food Safety

mountainwestfoodsafety.com

Se Habla Español !

Let us use our expertise to meet your needs!

FOOD SAFETY COURSES

ServSafe® Food Manager Courses
ServSafe® Food Handler Courses
ServSafe® Exam Proctor
National Registry of Food Safety
Professionals Manager Courses
Idaho Food Manager Training
Idaho Food Handler Training
Food Allergen Training
Foodborne Illness Awareness Training
Alcohol Server Training

CONSULTING SERVICES

Regulatory Advocacy -
We will work as a liaison between your
business and local and/or state food safety
agencies.
Expert Federal and State
Food Code Advice
Third Party Food Safety Audits
Retail HACCP and Food Safety Plans
Foodborne Illness Complaint Mitigation
Expert Subject Matter Testimony

Patrick Guzzle is the expert in food safety!

Patrick has 18+ years of food safety experience.

Patrick is the former Chairman of the Conference for Food Protection
(the organization that steers the FDA model food code).

Patrick is the former manager of the State of Idaho Food Safety
Program.

Patrick is a registered Instructor /Proctor of both ServSafe® and
the National Registry of Food Safety Professionals.

Patrick is a registered Environmental Health Specialist and
Certified Public Manager.

Patrick is a member of the National Environmental Health Association, the
Conference for Food Protection, and the Association of Food and Drug Officials.



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