

# THE NETWORK NEWSLETTER

*Connecting Consultants of S & S Nutrition Network Inc.*



## IN THIS ISSUE

### WELCOME AND ANNIVERSARIES

### UPDATE: HOW HAS COVID IMPACTED S & S NUTRITION NETWORK

### MEMBER SPOTLIGHT: TISHA WHATCOTT

### EXPIRING IDAHO LICENSE

### INFECTION CONTROL SURVEYS DEFICIENCY FREE

### ANFP CALL FOR VOLUNTEERS

### IS YOUR FACILITY WHERE IT NEEDS TO BE?

### NEW NORMAL

## Overloaded?

Anyone feeling a bit overloaded with world events?

No? Just me then? If you are taking it all in stride please share your techniques. If not here are a few tips from me to you.

Step away from Facebook! And Instagram, and the news for that matter. Limit your screen time and the constant information overload.

Go outside, play with kids and animals, work with your hands and make something, send us your DIY pictures.

Read a book (I've read over 50 already this year if you need a recommendation) this is a great way to unwind and escape the current events.

Learn something new, a new language (check out Duolingo), paint, sew, garden, experiment cooking a new dish each week. Check out Skillshare.com for ideas.

Write a letter, there is something very special about reading and writing handwritten letters. Here is a list of [Pen Pal websites](#) or [this one just for Idaho residents](#).

Take care of yourselves and best wishes!

Sarah Bair



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

Samantha Fisher  
Carley Thilmony



## Let's Celebrate this Quarter's Anniversaries!

### >5 Years

Ellen Turk (6 years)

Julie Richardson (7 years)

### >10 Years

Leslie Bell (11 years)

Rebekah Ramsey (11 years)

Kelly Dimond (14 years)

### >15 Years

Jamie Zabel (16 years)

### >20 Years

Betty Trounsen (21 years)

# Update: How has Covid-19 impacted S&S Nutrition Network financially and the resources available to each of us

Maureen Sykes, RDN, LD

S&S Nutrition Network, Inc. and our sister company Long Term Care Nutrition Consulting, LLC have been extremely fortunate during this unprecedented pandemic. By being creative, working remotely and in many cases making abbreviated on-site facility visits we have remained strong, and are regarded very highly during this time of crisis. Our services continue to remain in high demand and our value is recognized now more than ever with our role in preventing and documenting malnutrition, oversight of the kitchen and sanitation practices and with our role as IDT members in nutrition at risk meetings. We applaud you all and are forever grateful for our network of awesome dietitians! Together we are strong and have remained employed while many other industries are suffering.

Sue and I have been closely tracking surveys, end of month reports, as well as hours billed at each facility. We have been emailing weekly updates to keep everyone informed of what the surveyors are looking at so we can be sure our facilities are aware of what is being cited. The end of month reports are more valuable now than ever as we document our findings, recommendations, as well as our productivity. Our billable hours have shown a slight but expected decrease as we have had to adjust to the crisis. Also, we have seen that overall facility admissions have declined due to the pandemic. We have been closely watching the number of billed hours month by month to track our business strength during Covid-19. From May to January, we saw an overall decline in billed dietitian hours of 13%. While this is not great news, it could certainly be much worse. If you have been hit financially and are struggling to keep your hours at pre-Covid levels, consider what steps you can take to provide added value to your facility. For example, can your facility benefit from a diet card audit, supplement review, or quarterly audit? Most of these can be done remotely if needed. How about a care plan review or a zoom in-service? If you are struggling, please reach out and we can help with ideas.

In addition to this, there are new government funded resources which can potentially provide financial assistance to small business owners. Since all of you are contractors and have formed your LLC you are likely in a position to apply for financial aid. The CAREs act, which stands for the Coronavirus Aid, Relief and Economic Security Act, is a new law put into place to address the economic fallout of the Covid-19 crisis. The newest form of assistance is the Economic Injury Disaster Loan (EIDL) and EIDL Advance. This financial advance of up to \$10,000 is designed to provide economic relief to small businesses experiencing a temporary loss of revenue and will not have to be repaid. If you have experienced a loss of revenue due to a decrease in hours, this may be a program to consider. As sole proprietors, you may also be eligible for the paycheck protection program. I have an excellent contact at the Idaho Women's Business Center who can answer questions related to these assistance programs. Her name is Suzy and she can be reached at 1-208-312-5774. There are also classes available at no charge. Check out the website [www.SBA.gov/disaster](http://www.SBA.gov/disaster) and click on the corona virus relief options header for all the latest information and resources available to small business owners.

Thanks again to all of you for your hard work, sticking together and helping each other out during this crazy time of need. Let's continue to be kind and support each other and stay healthy!

Xoxo Maureen

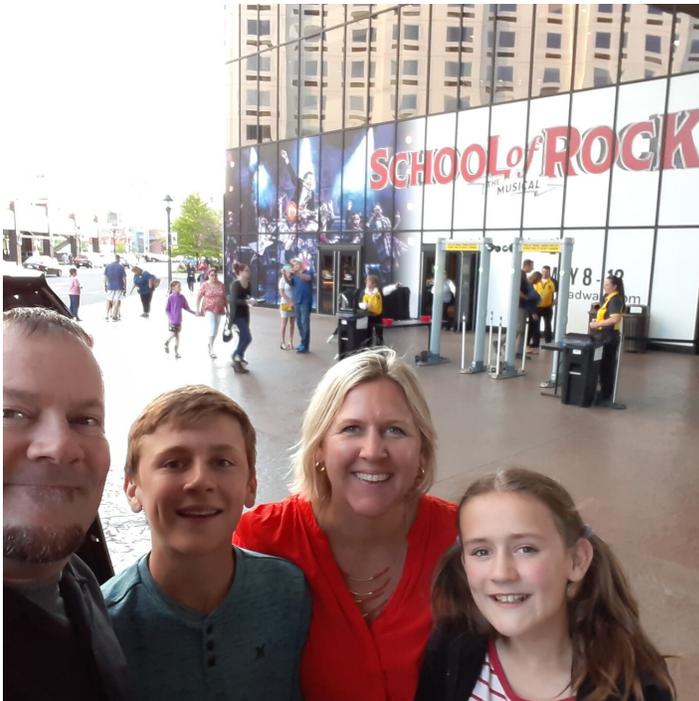
# Member Spotlight: Tisha Whatcott

## How did you become interested in Dietetics?

I initially started out with a plan to become a physical therapist, but after my second year of college I changed my mind (I realized that I didn't enjoy touching people!!). I had to look at what kind of career I could pursue using the pre-requisite courses that I already had. I had taken a basic nutrition class and enjoyed it, so the counselor suggested trying out dietetics. The next year was full of all the food courses so of course that was really fun, and I decided to stick with it. Prior to that first meeting with the counselor I didn't even know what a dietitian was!

## What aspects of consulting with S&S do you enjoy the most?

I enjoy being able to work in a variety of facilities each week. I don't like to be tied down to one place, one office or one desk. I like the fact that I get to work with so many different people in their own centers. I appreciate the flexibility of the job. I realize how lucky I am that I don't have to punch a time clock from 5am to 2pm every day. I am able to spend mornings with my kids before school and work a little later, or I can get to work early in order to get home in time for an afternoon exercise class. I am now also really grateful for the fact that as a consultant with S&S I am able to do a little work from home - which has been really beneficial during this whole Covid/Quarantine! It is also wonderful to work with such a large group of SMART professionals. I love the fact that I can e-mail a question about work and get a ton of useful responses immediately.



This was an activity at one of my centers - a blind lady making ice cream using liquid nitrogen - no joke! That tank on the ground was the nitrogen. notice that I was standing not too close!! Good news is that it turned out ok and was pretty tasty!!



# Member Spotlight: Tisha Whatcott

## What was your most rewarding experience as an RD consultant with S&S?

I really love to travel, and getting to travel for work is my favorite. A few years ago Sue asked if I'd like to fill in at some buildings in the Seattle/Tacoma area until a new RD could be hired. There were three buildings - all very different and in different areas of the city. I would fly in on Sunday night and work Monday thru Wednesday, flying home on Wednesday. I did this for almost 6 months. I loved being a "city girl" without having to move to the city! I found all the best local spots to shop and eat (not just Pike Street and Ivar's). I loved working in buildings that were so culturally diverse - both the staff and residents of each building. It has made me decide to try traveling for work more once my children graduate.



## What things do you enjoy doing in your spare time?

Well I live in North Idaho for a reason. I am outside as much as possible - with my family (husband and 2 kids). I love hiking and camping, especially into mountain lakes and hot springs, My family and I ski all winter and hang out wherever there is water in the summer. We take advantage of our friends who live on Hayden Lake and CDA lake, because a friend with a boat is better than your own boat! I did say that I love to travel also - some of my favorite recent trips have been X-mas in Costa Rica and Spring Break in Moab and Arches National Park. I was all set and planning Iceland for June 2021, but we will see how the world turns.



## Tell us one or two interesting things about you that most people would not know?

I took my National RD exam in Puerto Rico. I was working at a hospital in St. Thomas Virgin, Islands at the time, but had to fly to PR since that was the closest place where the exam was given (I passed!).

I Worked at a summer carnival one time. When I was in high school. I've never used that job on a resume! I worked in a dart booth and the basketball both. And I think I got in trouble because I gave away too many prizes :-)

# Do you have an Idaho Dietitian License that is about to expire in June?

The date has been extended to October, 2020 due to Covid-19. You can print an extension by doing the following:

Go to the website: [bom.idaho.gov](http://bom.idaho.gov)

Click on the License Search/Verification tab

Click on the License Search link

From there, put in your information and you will receive a new license verification with the October 2020 expiration date.

There is no charge for this service. Do not click the verification link as this will direct you to pay \$20.00

Please get all updated information to Deanna.

Thank you! Maureen



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### 2020 SPRING LICENSE RENEWAL CYCLE EXTENDED TO OCTOBER 31st

On March 13, 2020, the Governor issued a proclamation declaring a public health emergency in Idaho regarding the threat of novel coronavirus, identified as COVID-19. In this Proclamation, the Governor authorized the Idaho State Board of Medicine temporarily to exercise enforcement discretion, implement temporary rules, and waive certain licensing and related requirements to maximize access to health care services and provider support. Therefore, the Board of Medicine is pleased to inform you that we are delaying all license renewals and supervisory registrations set to expire on June 30, 2020 in Idaho. All licensees and those with supervisory registrations will not be required to renew their license to practice medicine until later this year. We anticipate that this change will assist our medical professionals to focus on the much-needed care for the citizens of Idaho and will make the annual renewal cycle more convenient overall.

If your license expires on June 30, 2021 this notice does not apply to you.

**To implement this change, there will be no renewal processing April through June 2020. If your license is set to expire on June 30, 2020, your license will be extended until October 31, 2020. We will launch our renewal process 90 days after the Idaho State of Emergency is lifted by the Governor. Fees for this delayed renewal cycle will be unchanged from the normal fees associated with renewing your license.**

The expiration date of your current license or supervisory registration will be updated to October 31, 2020, in the Board's database. We are also extending the reporting of CMEs for the FY 2020 renewal cycle to 90 days after the State of Emergency is lifted by the Governor. **Please note:** We will **not** be issuing new wallet cards to reflect the updated license expiration date, but the new date will be reflected on the BOM website.

We will send out notices for our 2020 renewal cycle in July of 2020. This timeline may be extended if needed. Please take a moment to review your current mailing address on the Board of Medicine's website and make any corrections necessary online. In addition, please provide a valid e-mail address that you access frequently.

For additional information or questions about the new process, please visit our website at [bom.idaho.gov](http://bom.idaho.gov) or contact Licensing Manager Phyllis Tambling at [licensing@bom.idaho.gov](mailto:licensing@bom.idaho.gov)

Thank you for your attention to this important matter.



## Infection Control Deficiency Free this quarter:

Oak Creek  
Kimberly, ID  
Haley Evans

Advanced Health Care  
Coeur d'Alene, ID  
Emmylou Newell

Good Samaritan  
Moscow, ID  
Marissa Rudley

Aspen Park  
Moscow, ID  
Marissa Rudley

Avamere  
Boise, ID  
Lori Tollinger

Aspen Transitional  
Meridian, ID  
Lori Tollinger

Shaw Mountain of Cascadia  
Boise, ID  
Lori Tollinger

Treasure Valley  
Boise, ID  
Jamie Zabel

# Idaho ANFP Chapter Leaders Needed

Do you know a CDM that is a great leader, energetic or outgoing? Let us know! Or are you A CDM that possesses these qualities? Join us!

When chapter members volunteer, they maximize their ANFP membership. They are immediately connected with motivated chapter leaders and other volunteers across the country who want to make a difference and help promote the CDM, CFPP credential within their state.

Take this great opportunity to gain further experience, expand and grow in your career and make an impact nationally, in shaping the future of ANFP and the foodservice industry. ANFP is a member-based organization; the association grows in credibility and reputation as a result of your volunteer input. Volunteering is not only fun, it is also rewarding and benefits you professionally and personally. As a volunteer, you can: gain leadership skills that transfer to your professional and personal lives, become an "insider" and foster teamwork, make new friends, and build your resume by contributing to industry issues.

Many volunteer positions are available such as president, secretary, and more! Email [sbair.email@gmail.com](mailto:sbair.email@gmail.com) to discuss how you can volunteer today!



# Is Your Facility Where It Needs to Be?

by Rachell Larsen

These past few months have been challenging, frustrating, confusing, and full of continuous learning and adaptations. We accepted the challenge and made the best of working from home. Some of us are in the process of transitioning or have transitioned back into the facilities. This is a perfect time to walk into your facility with a Surveyor's mindset. Is the facility where it needs to be? Working from home, it was not uncommon for the majority of our day to be clinical minded. We were more limited on monitoring the Food Service Department and of course personally engaging with our residents. Here are a few suggestions you can take to help ensure your facility is where it needs to be.

\*Set aside a couple of hours in your day to spend in the kitchen

- Watch hand-washing during food production-meal service and dish-washing
- Watch food production with focus on altered diets
- Are they actually using their spreadsheets
- Assess for overproduction concerns  
(make sure their yield is correct for their possible census change, this might help with budget concerns - offer suggestions and to help)
- Assess for underproduction concerns  
(make sure they are not under-producing r/t budget concerns or food vendor shortages - offer suggestions and to help)
- Check their food supply and emergency food supply
- Check all food in the refrigerators for correct Use by dates and storage
- Review and sign off on the substitution logs
- Use the cleaning schedule sign off list and audit if areas signed as completed are appropriate.



\*Dining room monitoring-

- Residents' hands are being washed and/or sanitized upon entering the dining room
- Resident who go out of the facility for scheduled treatments (dialysis, cancer treatments, blood transfusions) are eating their meals under isolation precautions even if they need meal assistance from staff.

\*As meals are served in the dining rooms again remember-

- Adhere to mandated social distancing orders (tables 6 feet apart)
- No more than two residents per table
- No tablecloths or cloth napkins, use paper napkins
- Use disposable place mats if available
- Tables must be cleaned, disinfected and sanitized between each use
- No beverage carts
- No condiments on tables
- Determine impact of meal service on staffing requirements



\*Supplement review-

- Observe supplement passing to confirm all supplements are being passed
- Complete a supplement audit- determine if resident who are refusing and/or stable need their supplement orders adjusted or discontinued.



\*Resident interviews-

- Pick 3-5 Long term residents to interview-this will help possibly identify any concerns

- \*Are you getting the meal assistance you need?
- \*Are you getting offered refills or an alternate if needed?
- \*Are you getting food you do not like?
- \*How has the temperature of the food been when it is delivered?



\*Check the facility's cycle menu

- Has the RD signed the most recent Spring/Summer copy?
- Are there issues or edits that need to be approved?
- Is the facility following the current cycle menu or does the RDN need to assist with refreshing the menu options to better meet resident preferences?
- Ensure that the facility is also using the standardized recipes for the cycle menu?

\*Diet manual

- Has this been signed by all necessary individuals and is an up-to-date copy located in the kitchen and nurse's station?

\*In-Services:

- Has the facility stayed current with continuing education training for staff? This can be an ideal time for the RDN and CDM to schedule an in-service with staff to provide feedback from the RDN about the infection control audits and areas for improvement.



If you have had a chance to use the new updated S&S Nutrition Network audit forms sent out last month, please send feedback to Sue or Maureen so a finalized form can be distributed.

**This would be a great time to complete the S & S Nutrition Quarterly Audit**

# New Normal



**Covid Hits Home**

**1 Husband**

**1 Brother in Law**

**1 Sister in Law**

**2 Nephews**

**7 Cousins**

**3 States**

**1 Ventilator**

**30 Days in ICU**

**Countless Prayers**

**1 Bad Year!**

**- Sue Linja**

Despite all the changes we are facing, some of which have been difficult and challenging, we were still able to celebrate our son's high school graduation on June 13. The school district and students used our football field to structure a social distancing seating assignment for the students, family and faculty. We are so grateful this milestone could be celebrated.

**- Rachell Larsen**



Zoom clothing for  
NAR today.  
All business on top..  
- Danette



I wished I could contribute to a good news story. Mostly this time has been challenging in many ways and as I try to think of the positives all I can conclude is the twist for not being able to be in the facilities was convenient when school was out so that I could be there for my kiddo, but now I am ready to get back to it. Also, I am getting a puppy. :-) Thats fun/good news!  
- Haley Evans



My major yay: I had a baby girl, Elena Grace, in early May! She's the perfect quarantine buddy and companion for 3-year-old big sister, Evie.  
- Marissa Rudley

