NFS Express Newsletter

MAY 2010

VA CENTRAL OFFICE, NUTRITION & FOOD SERVICES
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Director's Corner

Although the Nutrition Quality Summit has ended, it will always be a treasured memory and a high point in the 5 years I have had the privilege to serve as National Director of Nutrition and Food Services. This summit brought Systems Redesign (SR), introduced by Dr. Mike Davies, Director, VHA Systems Redesign, to 2 important areas of our service, nutrition support and food and supply purchasing for Veterans. It provided us the framework to form VISN-based teams that will facilitate nutrition quality improvement throughout the medical centers. Dr. Bob Jesse, Acting Principal Deputy Under Secretary for Health gave us insight into the VHA's initiatives to transition into the 21st century. Dr. Bill Duncan, Associate DUSH for Quality and Safety listed the six domains of healthcare quality: efficient, patient-centered, safe, effective, timely and equitable. Dr. Madhu Agarwal, Chief Officer, Patient Care Services (PCS) described current enhancements and her vision of transformational initiatives for PCS. Dr. Rajiv Jain, Acting Chief Consultant, Specialty Care Services emphasized how cultural change and sustainability are critical to making our vision a reality.

With the key message, IMPROVING OUR WORK IS OUR WORK, from this summit in my mind, I ask you to continue on this exciting journey with me as we utilize the SR process and website to define, map, measure and sustain meaningful goals.

A sincere thank you to the 240+ participants that made this summit such a huge success.

Mark Your Calendars!

American Dietetic Association
Food & Nutrition Conference & Expo (FNCE)
November 6-9, 2010
Boston, MA

This fall, the city of Boston will welcome over 10,000 food and nutrition experts for the annual Food and Nutrition Conference and Expo. VA dietitians will once again host a booth for career promotion and recruitment of the VA internship programs. Our booth (#3478) is conveniently located near the entrance to the Expo hall. Please consider volunteering an hour of your time to promote VA.

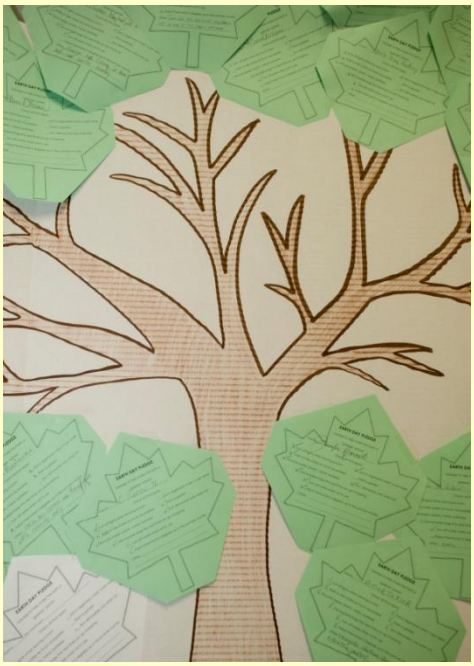
Plans are also in the making for a reception at FNCE. Susan Hartery, Chief of Nutrition at Boston VA, and her staff are working on the details of an evening reception during the conference. More Information will be sent via Outlook within the next few months. And, make sure to check the next issue of the NFS Express for additional announcements.

Earth Day 2010

MEMPHIS VAMC Celebrates EARTH DAY – April 22, 2010

Submitted by: Jennifer L. Earnest

This year's Earth Day marked the 40th anniversary bringing forth awareness and appreciation for the Earth's environment. At VA Memphis, NFS celebrated this Earth Day by serving up a vegetarian meal along with a tray card including "green" tips to inform patients of the celebration and ways they could make the Earth a greener planet. Nutrition and Food Services employees attended an in-service on Recycling as well as a training class on the green chemicals used in their kitchen provided by Ecolab staff. Each employee was asked to take an Earth Day pledge which was later displayed in the service for all to see, (see photos below).



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The outlook mail group for CMAC has now been changed to reflect their new name. CMAC is now CNS (Clinical Nutrition Subcommittee) and they can be reached through outlook with CNS-Nutrition@va.gov

WELLNESS FAIR 2010

Mother-nature did not cooperate on April 1, 2010 for the Wellness Fair at the VA San Diego Health Care System. It turned out to be one of the wettest days of the year here in sunny San Diego causing us to do the almost unthinkable – move indoors! However, while the weather changed the venue, it did not dampen the spirit and efforts of the Nutrition and Food Services Department. Nutrition education on healthy diet and how to use and grow herbs was provided. For the first time, food demonstrations were also featured throughout the day. Food demonstrations and samples brought in big crowds and included simple and healthy meals such as a spinach summer salad, gazpacho soup, and a fruit yogurt parfait.

Nutrition and Food Services has also acquired a new mobile cooking cart funded by our local DAV Industries. The cart will help to enhance the provision of weight management treatment to overweight and obese Veterans by providing a visual how-to guide for preparing healthy meals and snacks. With this new cart, Nutrition and Food Services is excited to carry out future food demonstrations in order to help individuals learn how fun and simple healthy cooking can be!

Pictures:
Top: Spinach Summer salad demonstration with Kristina Paul, Dietetic Intern
Bottom left: Nutrition education booth for herbs and healthy eating with Maria Aragon, Dietetic Intern
Bottom Right: Mobile cooking cart funded by the local DAV industries

MOVE!® Gym at Hines VA Hospital

Submitted by: Caitlin Brinson, Dietetic Intern

The latest addition to the MOVE!® program at Hines VA Hospital is the MOVE!® gym. One of the main emphases of the MOVE!® program is promoting physical activity. Due to unpredictable weather in Chicago and expensive gym memberships, it can often be difficult for Veterans to include exercise in their daily routine. In October of 2009, the MOVE!® gym opened, giving members of the MOVE!® program a place to work out for free up to four times a week. Members of MOVE!® often come to Hines multiple times a week for classes and appointments, so adding a free place to exercise has been very convenient. Whether participants come in once a week, or all four available days, it is a fun way for Veterans to exercise and reconnect with other Veterans.

Although Hines does not have its own facility for the MOVE!® gym, the program is currently borrowing the spaced used by the Cardiac Rehab Clinic. Cardiac Rehab has lent its gym out to the MOVE!® program every Monday, Tuesday, Thursday, and Friday from 2-3 PM. The gym includes treadmills, elliptical machines, exercise bicycles, arm bicycles, and other state of the art exercise equipment. In addition, a 30 minute strength training class using resistance bands is offered immediately following the hour in the gym.

To ensure the safety of the MOVE!® participants, the MOVE!® gym is led by Rochelle Kirwan, a Registered Dietitian and Health and Fitness Specialist at Hines. She instructs all participants on how to set up and use each machine, while tailoring the time and intensity of their workout to match each individual's ability. Rochelle takes each Veteran's blood pressure before and after working out to insure everyone is working out safely given that many participants have cardiovascular issues.

To use the MOVE!® gym, a Veteran must be a member of the MOVE!® program. Once a Veteran is a member of MOVE!® , they are required to take an Introduction to Exercise class offered once a month. After the class, members may begin exercising with approval from their doctor. Participants are given an exercise log and encouraged to record their workouts to track their progress. By tracking their physical activity and seeing improvements on paper, it gives the Veterans a sense of accomplishment and helps them to keep on track with their effort to lose weight and live a healthier life.

There are currently 60 people who use the MOVE!® gym. The atmosphere is laid back, with fun music playing and an encouraging environment that promotes fitness. Since the gym has been up and running for about six months, preliminary anthropometric data is being collected to track the progress of the Veterans using the MOVE!® gym regularly. Phyllis Clower, one member of the MOVE!® gym, states that the MOVE!® gym has been "a great help in my loss of weight and self esteem…Working in a group setting helps to motivate me as I hope to motivate others to succeed in their endeavors. I'm grateful to be a member!" It is great to see yet another way how the VA is getting our veterans to MOVE!®

Nutrition for the Wounded

As a dietitian at the James A. Haley Veterans' Hospital, my understanding and appreciation for our veterans has intensified over the course of my professional experience. My position in the Polytrauma and brain injury rehab unit allows me to provide Medical Nutrition Therapy for active-duty Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF) service members. Typical injuries include those from high-energy bomb blasts, gunshot wounds, Humvee rollovers, and rocket-propelled grenades. Although advances in body armor and medical stabilization on the frontlines of warfare allow more individuals to survive these types of injuries, more veterans are returning from combat with Polytrauma (multiple complex injuries) in unpredictable patterns. In addition to a traumatic brain injury, these patients endure any combination of additional injuries such as severe burns, amputations, spinal cord injuries, and trauma to multiple body regions.

Intensive nutritional management is utilized to counter the striking hypermetabolic and catabolic characteristics these patients exhibit. Typical therapeutic goals for those able to wean from tube feeding involve reintroduction of eating by mouth and self-feeding, often employing supplements and adaptive equipment. Resultant long-term physical, cognitive, and psychological impairments alter the veteran's ability to function independently. Nutritional challenges for these veterans include meal planning, grocery shopping, meal preparation, remembering to eat or having eaten, hunger and satiety disturbances, and difficulty maintaining an appropriate weight.

While working with active-duty soldiers has opened my eyes to the brutality of the current war, I have also gained a deep respect for the veterans who have served since the First World War. These men and women stand as examples for the service members defending us today. Interacting closely with the newly injured patients and their families has caused me to ponder the burdens carried by our veterans of all ages. Though long ago, these veterans will be forever changed by the time they spent defending our country. The opportunity to serve this very special population inspires me to count me blessings on a daily basis; America is what it is because of our veterans.

Submitted by: Stephanie Sands RD, CBIS

Recognized Young Dietitian of the Year

Alicia Merritt was selected by the Texas Dietetic Association for this award. Alicia is a Dietitian at the Houston VAMC.

Sara Perdue was selected by the Oklahoma Dietetic Association for this award. Sara is a Dietitian at the Oklahoma City VAMC.

Katherine M. Dodd MS RD LD was selected by the Oregon Dietetic Association for this award. Katherine is the Home Based Primary Care Dietitian and Coordinator of the MOVE! Program at the VA Southern Oregon Rehabilitation Center and Clinics in White City Oregon.

Valerie K. Adegunleye RD LDN was selected by the Maryland Dietetic Association and she is the Clinical Nutrition Manager for the VA Maryland Health Care System in Baltimore, Maryland.

Congratulations!

KUDOS…….

Marcie Chase, former NFS Chief at Denver VAMC has been selected for the position of Project Specialist for Denver's new VA hospital, effective April 11, 2010.

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In honor of an exceptional career in Nutrition and Food Services at the James A. Haley VA Hospital, the name of Tampa's Dietetic Internship Program has been officially changed to:

Anne Brezina Dietetic Internship Program at the James A. Haley (Tampa) Veterans' Hospital

Anne Brezina established Tampa's Internship Program. This year will be her 28th graduating class! Many of Tampa's graduates stayed in the VA and have made us so proud.

Congratulations Anne for achieving this honor.

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Two VA Dietitians Named to Magazine's "Top Ten Dedicated Dietitians Who Are Making a Difference"

The magazine *Today's Dietitian* (and accompanying online newsletter), a top publication for registered dietitians nationwide, named two VA registered dietitians to its top ten list of dietitians "who are making a difference."

The magazine recognized Julie Miller, MOVE! Weight Management Program Coordinator at the VA Greater Los Angeles Health Care System, and Kendra Glassman, Clinical Dietitian at the South Texas Veterans Health Care System. The two VA dietitians were selected from several hundred recommendations submitted by the magazine's readers throughout the country.

Miller oversees the weight management classes at six VA facilities and serves as a group fitness instructor and adjunct faculty member at Santa Monica College. As a certified diabetic educator, she continues to teach weekly classes to patients with diabetes.

Besides her clinical nutrition work on the surgical intensive care, cardiac care, and psychiatric units at the VA facility in Texas, Glassman promotes fitness activities, including 5K "fun runs."

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Marsha Sanley, DTR, of the VA Nebraska Western Iowa Health Care System in Omaha, NE was chosen as ***Recognized Dietetic Technician of the Year*** *at the Nebraska Dietetic Association's Annual meeting held on April 28-30.*

Anne Utech received the Outstanding Nutrition Education Award from the Houston Area Dietetic Association.

Caroline Nelson received the Texas Distinguished Dietitian Award from the Houston Area Dietetic Association.

Congratulations!

Dayton VAMC Provides Program for Women Veterans

Although there are significantly fewer women Veterans than their counterparts, it is important to remember this small, but significant, audience and the special needs that they have. The Women Veteran's Health Strategic Health Care Group (WVHSHG) conducted a national solicitation for mini grant proposals to promote the health of women Veterans. A group of four dietitians at the Dayton VAMC were thrilled to be one of the 80 proposals that were funded in 2009.

The group developed a healthy lifestyle program for women Veterans called, Eat and Keep MOVE'n. The focus of the program was to promote healthy eating and physical activity as well as weight management among women Veterans. Promotional fliers were distributed by mail to over 500 women Veterans in the Dayton area and posted around the Medical Center and CBOC's. Fifty-six women Veterans attended the Orientation class, which was the first of the two classes provided during the program. Each participant had baseline anthropometric measurements taken including height, weight, body fat percentage, and Body Mass Index (BMI). Using the measurements, each participant was given an individualized calorie level to promote weight loss. During the Orientation class, each participant was given a pedometer, resistance band, food portion size wheel, Food and Exercise Diary, and a marker to assist with their healthy lifestyle changes and was taught how to use each item. The dietitians developed a booklet, which was also provided to each participant, with information about exercise, the Food Guide Pyramid, heart-healthy eating, reading Nutrition Facts labels, and a sample menu. The dietitians instructed the Veterans on each topic and allowed for questions and discussion. The Veterans were encouraged to use the materials given to them for one month and then attend the Follow-up class.

Twenty-three of the original participants returned for the Follow-up class one month later, which was also offered at two different times. At the Follow-up class, each participant had the same anthropometric measurements taken again to show their progress. Each participant was given a lunch bag and the book *365 Days of Healthy Eating* for their efforts over the last month. Additional prizes were awarded to the participant with the highest percentage of weight lost, most recorded exercise, and for participation in the class. These prizes included exercise balls, water bottles, wrist and ankle weights, and digital weight and body fat scales. There was great discussion among the Veterans about their struggles toward weight loss and about being a woman in general!

The results of the program showed that the women Veterans lost an average of 2.28 pounds and 1.55% weight loss in the one-month period. The average BMI decreased from 35.2 to 34.8 and three Veterans lost over 4% of their original weight. All of the women Veterans rated the program well and several commented that they would like to see the program continue!

Submitted by:
Kristina D. Moore, MEd, RD, LD, Clinical Dietitian
Kasey Vagedes, MS, RD, Clinical Dietitian
M. Fatima Samdani, MS, RD, LD, Clinical Dietitian
Lynn Thomas, MS, RD, LD, Clinical Dietitian

Meet the Chief….

Congratulations to these new Chiefs for Nutrition & Food Services

Lynn Greenberg, M.S., R.D., L.D.N
VA Maryland Healthcare System

1. I have worked in the VA Maryland Healthcare System my entire career, starting after my VA internship as a Research Dietitian. Other positions I have held include: Nutrition Support Dietitian, Clinical Manager and most recently Site Manager.
2. Have been in the field for 35 years.
3. List other VAs/facilities you've been at: none
4. What spurred your interest in nutrition, dietetics, food management? I knew that I wanted to work in hospitals ever since I was a candy striper in my teens. However I knew that I did not want to be a nurse. My mother actually studied dietetics but never practiced and that gave me the idea. My passion was always clinical nutrition loving the work in the critical care area. Food service management is relatively new to me, only since 2003 so I am still learning!
5. Hobbies: Cooking, Reading, Fitness
6. Interests: same as my hobbies ☺
7. Favorite food: Pizza
8. Anything else you'd like to add: I have two daughters, one recently graduated with a degree in Graphic Design and one is a senior in college studying Nutrition. My husband of 30 years is a Certified Personal Trainer.

D. Raquel Bulford-Frazier MS RD LDN, CC, FHCFA
Miami VAMC

1. Came from La Rabida Children's Hospital in private sector.
2. Have been in the field for 14 years.
3. List other VAs/facilities you've been at:
4. What spurred your interest in nutrition, dietetics, food management? I became interested in the field of Dietetics and Food Services by my desire to combine my passion of culinary arts with the skills and knowledge of dietetics. Leadership has always come naturally for me; as I enjoy the teaching aspects of the job; therefore I made Nutrition and Food Service Management my career path immediately after completing my dietetic internship, which has provided me a wealth of knowledge and expertise.
5. Hobbies: In my down time I love to Cook, Travel the world, and Scrap Booking
6. Interests: I am very interested in Culinary Arts - Healthy Recipe Development, and Nutrition Information Technology Implementation
8. Interesting tidbit not many people know about you: Originally from Bermuda, Professional Certified Chef and I have been identified as a "Super Taster" – very keen taste palate
9. Favorite food: Food is my passion – I love all foods
10. Anything else you'd like to add: I am very honored and proud to be part of the Veterans Healthcare Administration. I am enjoying this wonderful opportunity as I have transition out of the private sector into the Federal Government - learning new things and sharing my many talents. I am looking forward to representing Veterans Healthcare Administration as I will be joining the 2011 AHF National Board of Directors, August 1st, 2010. I am very excited to be part of the MIA and WPB teams as we focus on transitioning our Clinical staff into the Patient Centered Medical Home Model. Within VISN 8 I will be working with our POC team as we evaluate and select a VISN-wide COTS which will assist us in our day to day operations as we provide excellent services for our Veterans.

Patricia S. Skinner MS, RD, LDN
Southeast Louisiana Veterans Health Care System

1. Came from Southeast Louisiana Veterans Health Care System VA.
2. Have been in the field for ___31___ years.
3. List other VAs/facilities you've been at: Gulf Coast Veterans Health Care System;
4. What spurred your interest in nutrition, dietetics, food management? As a native of South Louisiana, I grew up in a large family that enjoyed food; including vegetable gardening, raising livestock, catching local seafood, and cooking. Dietetics offered the advantages of a health care career that was family friendly and allowed me to work in a field that combined my love of food and keen interest in science and nutrition. My interest in food management came later as I looked for additional challenges in my career and desired to have a greater impact on the patient's hospital experience.
5. Hobbies: Gardening, boating and fishing, cooking
6. Interests: System Redesign, Wellness
7. Interesting tidbit not many people know about you: I am the proud "parent" of two adorable Schnoodles
8. Favorite food: Louisiana shrimp
9. Anything else you'd like to add: This assignment gives me the opportunity to return to Nutrition and Food Services for the first time since Hurricane Katrina and to develop the Service as part of the replacement VA hospital in New Orleans. I have been actively involved in the design phase of the Nutrition and Food Services areas and am anxious for construction to begin. After spending the past four years as a "front office" staffer, I believe that I will bring new perspective and skills to my role as a Service Chief. One of the visions for our replacement facility is for it to be a "City of Wellness". As Chief, Nutrition and Food Service, I will be leading efforts to coordinate a system-wide wellness initiative for our patients, their families, and our staff. Wish me luck!

Aaron P. Grobengieser MS, RD, CD
Northern Indiana Health Care System

1.Came from Northern Indiana HBPC VA and VA Illiana where he worked from April 2006-October 2007
2. Have been in the field for ~3 years.
3. List other VAs/facilities you've been at: Illiana (Danville, IL) – Internship and CBOC RD
4. What spurred your interest in nutrition, dietetics, food management? Former Division I Athlete (Track & Field) – Became interested in Sports Nutrition but fell in love with VA after Internship with Nancy Allen (Chief N&FS – VA Danville).
5. Hobbies: Reading, Gardening, Baseball Card Collecting, Cooking, Volleyball, Softball
6. Interests: Working with computers to further the N&FS field – Serve as a national N&FS SharePoint Administrator and love it.
7. Interesting tidbit not many people know about you: I was 1 of 2 subjects in the Portion Size-Me documentary (ate nothing but fast food for 30 days in the correct portions) that was produced by Dr. James Painter from Eastern Illinois University. The documentary has been featured on the CBS Early Show and is currently used in our MOVE program to educated Veterans about healthy fast-food choices.
8. Favorite food: I'm pretty much a cookie-monster and a pizza fiend but I also found a new love for Quinoa during the Nutrition Summit in San Diego.
9. Anything else you'd like to add: I'm very proud to be serving as a New Chief and look forward to working with colleagues across the nation. If there's anything I can help you with on the N&FS SharePoint site, please just let me know.

Retrospective review of treatment of vitamin D deficiency in an acute care hospital

Vitamin D deficiency has become more prevalent in the US over the past decade. Researchers estimate that up to 75% of Americans do not obtain adequate vitamin D. Some studies have discovered that up to 45% of hospitalized patients have vitamin D deficiency. In addition to its role in calcium and phosphorus balance, vitamin D may affect other conditions. Vitamin D deficiency has been implicated in the development of heart disease, glucose intolerance, high blood pressure, asthma, type 2 diabetes, Multiple Sclerosis, and some cancers. Deficiency of vitamin D occurs when the serum level drops below 20 ng/ml, but treatment may begin when levels are under 30 ng/ml. Treatment of deficiency may range from 1000 IU per day to 50,000 IU vitamin D once per week. In this retrospective study, our goal was to evaluate the prevalence and treatment of vitamin D deficient patients in a hospitalized setting.

Objective: The objective of this study was to review the occurrence of vitamin D deficiency in hospitalized adult patients and treatment modality used.

Methods:
A retrospective review of vitamin D deficient patients was conducted using a computer-generated list over a 6 month period. The list included inpatient medical, surgical and ICU patients with a vitamin D, hydroxy 25 level < 30ng/ml. The number of treated versus untreated patients and method of treatment were evaluated. Number of deaths in deficient patients was also observed.

Results: In this study, ages ranged from 48 to 90 with mean age of 69 years. 74 patients had insufficient vitamin D levels (vitamin D25, hydroxy level < 30 ng/ml). There were 72 male and 2 female patients. Of the 74 patients, 68% (n = 50) were deficient in vitamin D (vitamin D, hydroxy level < 20 mg/ml). Of the vitamin D deficient patients, 28% (n = 14) were treated and 72% (n=36) were untreated. In the untreated group, 25% of patients (n = 9) had CKD stage III or IV (dialysis). Of the 14 patients that received vitamin D treatment, 6 patients (43%) received 50,000 IU ergocalciferol once/week, 3 patients (21%) received 1000 units cholecalciferol daily, 2 patients (14%) received 1 calcium/vit D tab daily, 1 patient (7%) received 2.5 mcg doxercalciferol 3 x/week, 1 patient (7%) received 200 IU vitamin D per day and 1 patient (7%) received 400 IU vitamin D daily. Formulations of ergocalciferol varied from liquid for tube fed patients (6.25 ml) to 50,000 IU capsules once/week in those on oral diets. Death accounted for 18% of all patients with low vitamin D levels, but was more common in the untreated group of patients with vitamin D levels below 20 ng/ml (28%, n = 10).

Conclusions: Vitamin D deficiency was observed in over 65% of hospitalized patients studied. Several patients with vitamin D deficiency were untreated (68%) including patients with stage 3 or 4 renal disease. Treatment of vitamin D deficiency was not standardized as multiple types and doses of vitamin D were used. Death in vitamin D deficient patients was observed in 28% of untreated patients. More research on screening and standardization of appropriate treatment of vitamin D deficiency in hospitalized patients is indicated.

Submitted by:
Lisa Andrews, Med, RD, LD
Clinical Dietitian
VA Medical Center, Cincinnati, OH

The Benefits of Living "Green"

The James H. Quillen VA Medical Center at Mountain Home, Tennessee celebrated Earth Day a few days early. The Healthier US Veterans (HUSV) Committee hosted a "Benefits of Living Green" fair, April 20th.

The goal of the fair was to show individuals how their daily living habits can impact our environment, their health, and the green in their wallets. To accomplish this, various community utility services, organizations and businesses were invited to our campus. They spent the day with us, sharing their knowledge, expertise, and products to help us foster a more sustainable future. Those attending were shown how they could reduce waste, conserve natural resources, reduce pollution, and potentially save money.

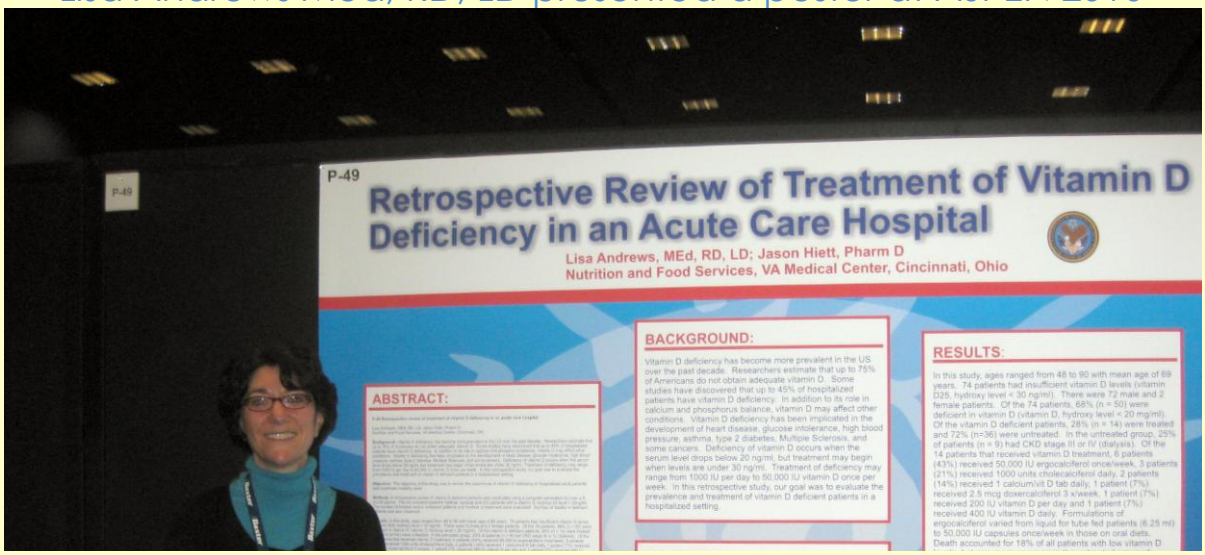
Over 300 veterans, visitors and staff enjoyed visiting with our vendors. Attendees had the opportunity to learn about our local public water, electric, gas, recycling and transit systems, gardening, energy efficient home appliances and building materials. Information was presented on the benefits of water filtration in bringing clean water to disaster struck areas and third world countries. The US Forestry Service, Arbor Day Foundation, and a nature preserve taught us the benefits of trees and shrubs. Including information on how and where to plant and care for vegetation and how to enjoy our "green spaces". We were also encouraged to explore the benefits of fresh food markets, non-chemical cleaning products, and natural pet supplies. Four automobile dealerships brought models of cars and explained how these vehicles promote energy efficiency. An extra at the fair was the VA Diabetes clinic, which offered glucose screening, tips on managing medications, diet, and foot care. The vendors participating in the event provided positive feed-back and asked to be invited back next year.

Each fair participant was given a re-useable cloth tote, and many of the vendors provided samples of their "green" products or coupons to be used toward purchases of "green" products. VCS Promotional funds, AMVETS, American Legion, and several local businesses provided environmentally friendly door prizes. The lucky winners were delighted to receive one item from our available prizes which included: solar yard lights, water pitchers, stainless or neoprene water bottles, coffee mugs or cold drink thermos with re-fills, natural cleaning supplies, re-useable food storage containers, energy efficient light bulbs, and a certificate for gardening supplies.

Our facility GEMS committee was helpful in planning this event. Our GEMS team has implemented numerous "greening" and cost saving measures on our campus. A side benefit of the fair was the opportunity to highlight and inform the VA community regarding their accomplishments.

Submitted by: Carolyn Gillenwater, RD
HUSV Committee, Chair
James H. Quillen VAMC, Mountain Home, TN

Lisa Andrews Med, RD, LD presented a poster at ASPEN 2010



Calling All Dietitians

Sharepoint– A Helpful Tool for RDs

The VA has a valuable tool designed to help dietitians of all areas! Sharepoint is a great way to have pertinent information readily at your fingertips. Whether you are wanting to implement a new process and in need of assistance or just want to check it out, Sharepoint can help.

The information is easy to find and easy to use.

- Go to http://vaww.nutrition.va.gov/
- Click on the Nutrition and Food Service Sharepoint button or the Nutrition Support Sharepoint button (bottom right hand corner) under Resources

Items on Sharepoint include a discussion board, documents, lists, etc. Areas are aimed to assist dietitians in all areas: MOVE!, Outpatient Nutrition, Clinical Nutrition, Nutrition Support, Food Service, HBPC, CLC, ADPAC, etc.

If you need access send an email message to Aaron Grobengieser and Linda Baldwin requesting access to NFS SharePoint. You will receive a message with instructions when you have been added to the site. Allow 5-10 days for access.

Created by Marketing, Education and Professional Oversight-Info/Ed.

Next deadline for article submission: **August 1, 2010**

Please submit articles to:
kari.mularcik2@va.gov
and
Valerie.adegunleye@va.gov