



Dietetic Services Newsletter

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Events Calendar:

Dec 3
CEU Presentations

Dec 14
Projected Opening of UH Cafeteria

Dec 18
Dietetic Internship Open House

Dec 25
Christmas Day

Jan 1
Happy New Year!

Message from the General Manager!

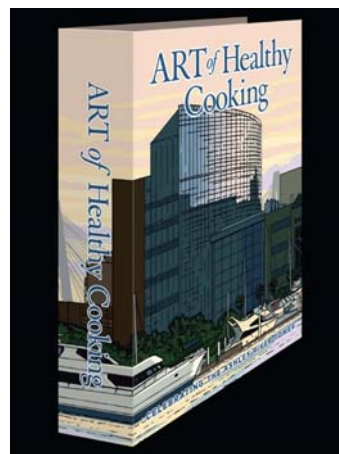
We faced many challenges this year, but we also had many wins including:

- * Double NSF Gold audits at UH & ART
- * ART Patient Services repeated their 100% AYR Gold Check score
- * Implemented AYR room service at UH and created a Centralized Call Center
- * Phase 1 of our cafeteria renovation to be completed this month
- * Our Clinical Team continues to be leaders in their field

We truly have much to be proud of as we prepare for the New Year. Enjoy your time with family and friends during this Holiday Season.

Thank you all for everything you do every day! - Brad Masteller, GM

Heart Health Fundraiser: Art of Healthy Cooking



Cookbook Features:

- * Hardcover 3-ring binder
- * 500 recipes
- * \$26- 1/3rd of proceeds comes back to the Heart Health Program
- * Nutrition facts on all recipes
- * Beautiful full-color artwork
- * Helpful nutrition & cooking tips
- * Book stand

Great Holiday Gift! On sale now!

Contact Janet Carter to purchase your copy: 792-4717



Sneak Peak at the New Cafeteria



Hospital Employee of the Month



**LaMona Wilder,
MUSC Employee of the
Month**

The Ashley River (ART) Patient Ambassador, LaMona Wilder, received the November **MUSC Employee of the Month** award.

LaMona received the award for her outstanding patient service and her willingness to go the “extra mile” to insure a patient’s hospital stay is as pleasant as possible.

She makes sure that patient’s birthdays are celebrated in a grand way. She recently helped an elderly couple celebrate their wedding anniversary during the husband’s hospital stay.

LaMona received a beautiful plaque, \$25, and the opportunity to have lunch or dinner at California Dreaming with Stuart Smith, MUSC CEO.

Great job Mona!!

Update from Sodexo’s Retail Department

Making a Difference: During our **Helping Hands Food Drive**, we donated 1306 pounds of food to the Low Country Food Bank! Your donations will make a difference in some people’s lives this season.

Nurses Holiday Cups: During the first week of December we will be delivering Santa and Bear Coke cups to every Nurse on each inpatient unit. Approximately 1400 cups will be given away which can be used for drinks at a reduced price in the UH and ART cafeterias.

Giant Coke Polar Bear: A la Carte, Main Café and ART will be giving away a giant Coke Polar Bear for the Holidays. Be sure to stop in the cafeteria for more details.

Holiday Treats: Sodexo will be offering “*Home for the Holidays Treats*”, available for order in our Cafes. Don’t have time to bake this season? Need something to bring to that office party? Don’t sweat it. We’ve got pies, cookies and treats for sale. Stop by the Cafes for details.

New Cafeteria: We plan to be back in our new home (cafeteria) before the holidays. We are tentatively slated for opening the week of 14 December.

It sure would be nice to be “**Home for the Holidays**”.



Dietitian's & Nurse's Forum: Dietary Therapies for Epilepsy

Lauren Whiteside, RD, LD, and Julie Desmarteau, RD, MPAS, PA-C, attended the first annual Dietitian's and Nurse's Forum on *Dietary Therapies for Epilepsy* held in Scottsdale, Arizona November 12-14.

The ketogenic diet, modified Atkins, & low glycemic diet are specialized high fat, low carbohydrate diets reserved for patients with difficult to control seizures.

Speakers at the conference included the founders of the Charlie Foundation, leading health professionals on clinical updates on diet therapies, and dietitians on tough case scenarios.

Lauren will be presenting highlights of the conference at MUSC on December 3rd.



Julie & Lauren participate in Keto-cooking demonstration to make Keto-pizza and other delicious keto-friendly foods.

Research Presented at the Obesity Society Meeting

Nina Crowley, Bariatric RD presented a research poster titled: ***“Binge Eating ‘To Get High’ is Differentially Endorsed by Bariatric Surgery-Seeking Patients but is not Related to Baseline Weight or BMI”*** at the Obesity Society meeting in Washington, D.C.

Baseline data analysis showed that patients who reported eating “to get high” prior to surgery also had higher rates of binge eating for relief, reward, and temptation. The long term study hopes to determine whether the single question (Do you binge eat “to get high”?) has predictive validity in determining who is at greatest risk for weight gain (or “relapse”) following gastric bypass surgery.

The results will be presented at future meetings.



Nina Crowley, RD presents her poster at the Obesity Society Meeting.

Transplant Support Group Presentation



Kristi Fogg, MS, RD, LD, presented “Healthy Eating Tips for Transplant Recipients” at the November Transplant Support Group meeting held at the Gaillard Auditorium. Suggestions for eating during the holidays, meal preparation, and potential nutrition/medication interactions were the highlights. After the presentation patients and their care-givers were given the opportunity to ask questions.

Sodexo Tri-Regional Awards Meeting



Left to Rt: Chuck Polen, Carrie Gentry, Bob Marlow, Brett Cunningham (not pictured)

Sodexo hosted a Tri-Regional Awards meeting in Savannah last month. The meeting provided the opportunity for managers (including District, General, Clinical, and Food Service) and Chefs from three (3) regions to join together for continuing education and networking opportunities. During the conference, participants completed a diversity lab, attended a Food Service vendor fair, and heard Ian Percy’s motivational presentation regarding “*anything is possible.*”

The Ashley River Tower team was nominated for their outstanding performance in “*Enhancing the Patient Experience.*” The ART team has consistently scored 100% for meeting the patient room service standards.