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Newsletter Editor

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The Pennsylvania Dispatch

From the Desk of the President

Special points of interest:

- PA DMA Platinum Award
- Patients with Dementia
- State Fall Meeting
- Membership Count
- Officer Contact Information

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Greetings PA DMA members,

It is with great pride that I announce the recognition of our Pennsylvania Chapter with the Platinum Level State Achievement Award. This demonstrates that our state chapter is doing a noteworthy job in meeting the expectations of our national organization. See the attached article for more information on this accomplishment.

We are still moving forward on strengthening our chapter to better meet the needs and expectations of you, our members. Efforts are underway to reactivate more of our Districts. For this to be successful we need you to step up and help your district by volunteering your time and talents. We need folks to host meetings, help on planning committees, and serve as leaders.

Crystal Goodyear will be installed as our new President at our Fall Workshop on October 19th and 20th at

Willow Valley Retirement

Communities. Crystal has demonstrated her commitment to our State Chapter and has helped to achieve many of our Chapter goals. I am confident that with your support and assistance, Crystal will continue to move our organization towards greater accomplishments.

I would like to thank all of you for your support during my tenure as President of PA DMA. I have learned many things about myself, DMA, and the challenges of our combined service arenas. We work in a noble profession providing the essential services of food and nutrition to the diverse populations of patients, residents, students, employees and inmates.

Be PROUD of what YOU do!

Jim Dierolf, CDM, CFPP
President PA DMA

PA DMA Earns Platinum Award



President Jim Dierolf accepting our Platinum State Achievement Award from Phillis Fletcher, DMA's past-chairman

The Pennsylvania Chapter of Dietary Managers Association was recognized as a Platinum Level recipient for the State Achievement Award at this year's Annual Meeting and Expo held in Milwaukee. This is the first State Achievement award that PA DMA has earned since 2002. The State Achievement is for recognition of how well a Chapter is meeting the needs of the state membership, the state's efforts to effectively network among members, promote professional development of members and conduct its affairs in a sound business manner. The period covered shall be the association's *program* year, which is September 1 through May 31.

PA DMA was also received the Newsletter Award in recognition of Writing Quality, Proofreading, Original Articles, DMA Activities, Layout and Page Design, Overall Integrity, and Frequency of Newsletters.

Jim Dierolf, CDM, CFPP

A Note from the Editor

Thanks to Crystal Goodyear for the job well done as Editor and congratulations on her new position as President of the Pennsylvania DMA. It is my pleasure to be your new editor.

Previously, my wife, Kathleen and I resided in Binghamton, NY where I was employed as a Dietary Supervisor at Binghamton General Hospital. In June 2002, I accepted the Dining Room Manager position at the Lutheran Community at Telford, PA with Wood Dining Services. In September 2005, I accepted the Nutrition Care Supervisor position at the Glen at Willow Valley Retirement Communities.

I look forward to publishing the newsletter and to be a valuable resource for the Pennsylvania DMA.

Earle Naumann, CDM, CFPP

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STATE FINANCIALS

Savings: \$351.51

Checking: \$6,178.02

Getting it Right for Patients with Dementia

Eating well is vital to maintain the health and independence of people with dementia. However, enjoyment of food often diminishes as dementia progresses.

Gwen Coleman
Food for Thought Manager
The Alzheimer's Society

Providing nutritious food for people with dementia that is actually eaten does not have to be a complex or expensive task. Often a few simple, inexpensive measures, combined with knowledge of a person and an understanding of how dementia affects them, are all that is needed. To cater effectively for people with dementia, it is important to appreciate the impact dementia can have upon a person's ability to eat and drink and to understand the person's relationship to food.

The eating experience can be challenging for people with dementia as well as caterers. Dementia can affect a person's ability to co-ordinate and they can start to forget and lose the skills required to eat. For example they may forget how to use a knife and fork or have difficulty holding or eating with standard cutlery.

They may need frequent prompting and encouragement at mealtimes to eat, to put food into their mouths or to drink. They may not be aware that pre packed food such as sandwiches need to be unwrapped and eaten or simply unable to do this unaided, hence the food is left untouched.

Choosing from a menu can be difficult, as they may not recognize what food are from words alone unless they are shown pictures of the food or shown the meals that are offered. Changes in eating habits, food preferences, swallowing difficulties, a poor appetite or weight loss can further compromise food intake and nutritional health.

To cater effectively for this vulnerable client group, working together as a team is vital. Caterers and care staff must be informed about the person's capabilities, needs and preferences. Good food is only beneficial if it is eaten, but with a little time and effort the challenge of catering for people with dementia can be successful and rewarding.

The Alzheimer's Society "Food for Thought" Practice guides provides information and practical suggestions to help support the knowledge and experience of all staff, from nursing staff at ward level to caterers, concerned with helping people with dementia eat well. The guides aim to raise awareness of the challenges experienced by people with dementia concerning food, eating and drinking.

There are four guides each focusing on a different area of dementia care - Acute Care - Care Homes - Domiciliary Care - Day Care.

For further information about the Food for Thought courses or practice guides please contact:

Gwen Coleman
 Food for Thought Manager
 The Alzheimer's Society
 Email: gcoleman@alzheimers.org.uk

Source: Healthcare Caterers
International website



PA DMA at the DMA National Meeting & Expo in Milwaukee, WI

Welcome New Members!

Join us at the PA DMA Fall meeting at Willow Valley Retirement Communities in Lancaster, PA. Come and meet us on Thursday, October 19th and Friday, October 20th.

Future Annual Meetings

47th Annual Meeting & Expo
 July 1-5, 2007
 Hyatt Regency
 San Diego, Calif.

48th Annual Meeting & Expo
 July 27-31, 2008
 Wyndham Philadelphia
 Philadelphia, PA

49th Annual Meeting & Expo
 August 9-13, 2009
 Hyatt Regency
 Atlanta, GA

Member count for the State of PA is 1,033 as of March 1, 2006.

The Pennsylvania Dispatch

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DMA Mission Statement
DMA is the premier resource for
foodservice managers, directors,
and those aspiring to careers in
foodservice management.

[www.dmapa.org **]**

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