

Directions:

FROM THE WEST: Take the Northwest Tollway (I-90 East) past O'Hare International Airport. Exit at Cumberland Ave. North (79B). Turn right at the end of the ramp, go over the expressway. Turn left at the first stoplight-Higgins Road. The Marriott is ½ block on the left side.

FROM THE NORTH: Take the Tri-State (I-294 South) to I-90 East (toward Chicago NOT O'Hare). Exit at Cumberland Ave. North (79B). Turn right at the end of the ramp, go over the expressway. Turn left at the stoplight-Higgins Rd. The Marriott is ½ block on the left side.

FROM THE SOUTH: Take the Tri-State (I-294 North) to I-90 East (toward Chicago NOT O'Hare). Exit at Cumberland Ave. North (79B). Turn right at the end of the ramp, go over the expressway. Turn left at the first stoplight-Higgins Road. The Marriott is ½ block on the left side.

Continuing Education Units

7.5 RDN LDN CEU's have been approved by Academy of Nutrition & Dietetics

7.5 Dietary Managers CEU's have been approved by Association of Nutrition & Foodservice Professionals

7 LNHA CEU's have been approved by Illinois Department of Professional Regulation

7 RN CEU's have been approved by Illinois Department of Professional Regulation

7 LPN CEU's have been approved by Illinois Department of Professional Regulation

Cynthia Chow & Associates, LLC
Dietary Consulting, Management & Nutrition Support
5061 N. Pulaski Road, Suite 300
Chicago, IL 60630



THE NEW NORM!
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CYNTHIA CHOW & ASSOCIATES, LLC
5061 N. PULASKI RD., STE 300
CHICAGO, IL 60630

26TH ANNUAL
CONTINUING HEALTHCARE
EDUCATIONAL SEMINAR

FRIDAY
OCTOBER 25, 2013
8:00 AM-4:30 PM
CHICAGO MARRIOTT O'HARE
8535 W. HIGGINS ROAD
CHICAGO, IL 60631

KEY TAKE-AWAYS

At the conclusion of this seminar, participants will:

- Learn the number 1 cause of stress. Identify 5 methods to increase energy and decrease stress. Know the primary enemy of extra-ordinary energy.
- Distinguish starvation from cachexia. Describe the current understanding of sarcopenia. Develop a therapeutic strategy for treatment of nutritional disorders.
- Define sensory aspects of food pleasure. Demonstrate techniques to enhance food flavor and maintain nutrition. Define flavor profiles and complimentary flavors.
- Describe the role of normal bacteria in maintaining health. Review the causes of antibiotic associated diarrhea. Identify the role of probiotics & prebiotics in the prevention of antibiotic associated diarrhea and clostridium difficile (*C.DIFF*).
- Understand the impact Quality Assurance Performance Improvement, required by the Affordable Care Act, will have on your facility. Know how to locate QAPI resources. Be able to meet QAPI standards.
- Learn about new food products, new applications for familiar products and how to control food costs.

PROGRAM

Morning Session:

- 8:00 - 8:30** *Registration/Coffee/Exhibits*
- 8:30 - 8:45** *Welcome and Introduction of Contributors*
Ann Engles, RD, LDN
Vice President - Coordinating Dietitian
Cynthia Chow and Associates, LLC
- 8:45 - 10:00** *Creating Positive Energy to Thrive Through Change*
Chere Bork, MS, RDN
Founder and President Savor Your Life Today, Inc. and Healthways: Nutrition and Lifestyle Counseling
- 10:00 - 11:15** *Beyond the Basics: Undernutrition, Cachexia and Sarcopenia... A Contemporary Approach*
David R. Thomas, MD, FACP, AGSF, GSAF, CMD
Professor of Internal Medicine and Geriatric Medicine at St. Louis University and Director of Clinical Research for the Division of Geriatric Medicine
- 11:15 - 11:45** *Coffee Break/Exhibits*
- 11:45 - 1:00** *Tantalizing Tastebuds: Alternative Ways To Enhance Flavor!*
Renee Zonka, CEC, RD, MBA, CHE
Dean, Kendall College School of Culinary Arts
- 1:00 - 2:15** *Lunch Break/Exhibits*

Afternoon Session:

- 2:15 - 3:30** *C.DIFFicult: Probiotics - An Easy Solution*
Cindy Thorne, MS, RDN, CD
Professional Speaker, Author & Trainer
- 3:30 - 4:30** *Quality Assurance Performance Improvement - Where Do I Begin? Question and Answer Session*
Connie Jensen, RD, LDN
Section Chief of Education & Training at Illinois Department of Public Health

RETURN REGISTRATION FORM TO:
Cynthia Chow & Associates, LLC
5061 N. Pulaski Road , Suite 300
Chicago, Illinois 60630
Tel. (773) 539-8181 * Fax (773) 539-0039
Website: www.cchowandassoc.com

Registration:

Name: _____

Title: _____

Facility: _____

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Method of Payment:

_____ **Check or Money Order**

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_____ **MasterCard**

_____ **Visa**

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Exp. Date: _____

Make Check/Money Order Payable to:
Cynthia Chow & Associates, LLC

Registration:
Seminar Fee: \$120.00 per person
(lunch, seminar materials & parking included)

Online Registration: www.cchowandassoc.com
*** On-site registration available ***

_____ **Check if Kosher meal is desired.**