

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.

Accreditation:

- 7 LNHA CE hours have been approved by Illinois Department of Professional Regulation
- 7 CE hours have been approved by American Dietetic Association
- 7 CE hours have been approved by Dietary Managers Association

Location:

Chicago Marriott O'Hare
8535 W. Higgins Road
Chicago, IL 60631
Tel.#: (773) 693-4444

Cynthia Chow & Associates, LLC
5061 N. Pulaski Road, Suite 300
Chicago, IL 60630

REDEFINING THE FUTURE



Cynthia Chow & Associates, LLC
5061 N. Pulaski Rd., Ste 300
Chicago, IL 60630

24th Annual Continuing
Education Seminar

Friday
September 16, 2011
8:00 AM-4:30 PM
Chicago Marriott O'Hare

OBJECTIVES

At the conclusion of this seminar, participants will:

- Be equipped with techniques to have fun while accomplishing more; Identify 7 principles from childhood to apply in day-to-day situations that will help live life with less stress; Have renewed passion and optimism for work; Take inventory of current priorities to establish balance and have greater success.
- Discuss reliable and valid nutrition screening tools; Review progress to date in defining malnutrition and its defining characteristics; Review progress to date in changing *ICD-9 Codes* for malnutrition.
- Understand how cooking from scratch with fresh ingredients will upgrade the nutritional quality of the menu by providing meals with lower sodium and sugar content; Compare the cost of using convenience foods to the savings realized from scratch cooking; Know how to create dining experiences that help residents connect with memories from their past; Learn how to get started developing new menu items.
- Be able to reinforce positive behavior through a non-monetary method of employee recognition; Develop a new level of employee excellence; Increase employee morale and significantly reduce employee turnover.
- Identify the differences between the *State* surveyor's role and *Federal CMS's* surveyor's role; Know how to be prepared for a survey; Identify three differences between a traditional survey and the new *Quality Indicator Survey*; Learn how *CMS* determines which facilities get selected for a federal survey.
- 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 & Introduction of Contributors

Ann Engles, RD, LDN
VP, Coordinating Dietitian
Cynthia Chow & Assoc., LLC

8:45 - 10:00

Escape Adulthood: Living and Working with Less Stress

Jason Kotecki
Speaker, Author, Cartoonist

10:00 - 11:15

Malnutrition Screening, Assessment and Diagnosis: Is the Skeleton Out of the Closet?

Annalyn Skipper, PhD, RD, FADA
President Annalyn Skipper & Associates
Editor-in-Chief, ADA's Nutrition Care Manual

11:15 - 11:45

Coffee Break/Exhibits

11:45 - 1:00

Comfort Cooking: How Cooking from Scratch is Changing the Face of Food Service in Healthcare

Chef Steven Lawhorn, CDM, CFPP
Director of Food & Nutrition
Resurrection Health Care

1:00 - 2:15

Lunch Break/Exhibits

Afternoon Session:

2:15 - 3:30

Character-Based Leadership Skills: Turning Ordinary People into Extraordinary Employees

Ron Jasniowski
Founder Integrity Training Institute

3:30 - 4:30

The Federal Surveyor's Role

Mary Wassel, RN
CMS Region V
Illinois State Leader

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

One Person Per Registration.

Name: _____

Title: _____

Facility: _____

Address: _____

City/State/Zip: _____

E-mail: _____

Work #: _____

Cell #: _____

Method of Payment:

___ Check or Money Order

___ American Express

___ Discover Card

___ MasterCard

___ Visa

Credit Card #: _____

Exp. Date: _____

Online Registration: www.cchowandassoc.com

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

Registration Fee:
(lunch, seminar materials & parking included)

\$110.00 (if received by Sept. 10, 2011)

\$120.00 (after Sept. 10, 2011)

Student Fee: \$85.00 (valid ID required)

*** **On-site Registration available at \$120.00** ***

Check if Kosher meal is desired.