

Day One Reflection
Susan Nelson
Jones County High School
Nutrition and Food Science

Tuesday, June 12

It's amazing how little you know when you move out of your comfort zone. Today I had the opportunity to work at Gray Health and Rehabilitation with Deborah Odum, Food Service Manager, and Craig Karch, Regional Registered Dietician. I was originally to meet with Craig on Thursday, but the state "dropped in" so he along with other regional directors were on site.

Touring the kitchen with Ms. Odum, I was able to see so many of the Serv Safe principles being put into practice. The things I teach my students about safe handling, storage, dating, cleaning were all right there! I was able to go into the pantry, refrigerator and freezer to see first in, first out and received dates. I observed hand washing, food prep, and dish cleaning sinks and overheard a conversation on sanitizer for cleaning cloths and the sanitizing sink.

With Ms. Odum and Mr. Karch, I was able to see nutrition requirements for individual clients and the diet plans for special needs. I learned how diet affects clients on dialysis, with feeding tubes, and even those with no teeth. I discovered how big business works even in the small, local nursing home. Individually owned nursing homes must work with large corporations to survive. As a result, they have access to things like registered dieticians in house, discounts on food for mass quantities, and menus planned by registered dieticians to meet all their patient needs.

Mr. Karch taught me how a medically based dietician has to look at specific nutrient needs, body mass index, weight, fluid loss and retention and so many other factors a related to an individual's nutrition and diet. We researched causes and effects of issues of patients with Mr. Karch making a point to make notes for nurses, dietary managers, and doctors. Due to being Medicare dependent, everything must be documented.

I am excited to be better able to relate the things I teach to the real world. I will use the practical application of careers in nutrition and nursing to help them understand the diversity of a career field in nutrition. BMI will no longer simply be about determining their own weight or an explanation, but relevant to life and death situations as we look at aging issues. We will incorporate getting along with others in class to a work situation with seven or more people crammed into one office for the sake of bettering the company. Our aging unit will grow to include more health and lifestyle issues including socialization, exercise, dialysis, renal function, hydration, bed bound, dementia and the many other things I will learn later this week.

I was so excited to have a nurse volunteer to speak to my classes next year. She will be able to add so much to our class based on her knowledge of working with the aged and her responsibility of determining and meeting new client needs. We are already blessed with a working and advisory relationship with Gray Health and Rehabilitation especially the administrator, Chap Nelson. I look forward to increasing this relationship in the next year with visits from my classes or FCCLA organization with the residents.

Reflection Day Two
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Today was an extension and explanation of what I learned on Tuesday. I worked at Lynn Haven Nursing Home which is also owned and operated by the Nelson family. I met with Craig Karch again, but spent the majority of my day with Cheryl Ray, Certified Dietary Manager, at Lynn Haven.

Cheryl's experience and knowledge provided a broader spectrum of the requirements of the job of dietary manager. I will be excited to have her speak to my classes about her career in the field of nutrition. She has been in this position for a year and a half. As a manager of cooks who have been in their kitchen for years, she has to learn personalities and approaches as she implements new expectations and protocol.

I have gained several ideas for lesson plans for elderly nutrition and needs through this process. Exercise and movement: The students have participated in "Elder Olympics" in the past to get an idea of the challenges the aging face. I would like to work with the activities director to have my students observe the patients during their exercise time. They will then create an exercise routine of their own to take back and implement with the patients. For those not willing to participate, I will offer the option of researching the exercises recommended for the more common ailments of arthritis, stroke, etc to provide the basis for the created exercise routines.

Nutrition: We have researched chronic diseases. I have more causes that inhibit nutrition that we will now investigate. Our approach will be more clinical as I have Craig Karch speak about the factors of weight loss or gain, specific nutrients necessary for increasing or maintaining health, ways of providing nutrition and patient rights.

On providing nutrition, we will research methods of feeding an elderly population based on need. I hope to have Cheryl Ray and her cook prepare a new method of creating pureed foods to look like actual food products and have the students taste. The students will work in groups to create their own puree recipes and attempt to make them appear appetizing.

I will also use the pureed food as an example for Food Science in our Sensory Evaluation segment. Appearance is one of the main sensory characteristics. We will review the videos and possibly take a field trip to the nursing home to discuss how the change in a food's appearance can make it more appetizing for a patient. We will have Cheryl Ray speak about the food's appearance, texture, smell and taste for patients with specific needs especially the elderly.

Business Skills: I would like to have Chap Nelson discuss employee skills and soft skills required in the work place and the factors required in running a business with employees and the public especially in a care centered environment. Craig Karch and Cheryl Ray have agreed to talk about the importance of nutritionists and food service as well as managerial responsibilities. During tours students will learn various careers and job responsibilities.

	Educator Extern REFLECTIVE EVALUATION OF EXTERNSHIP
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Name: Susan Nelson

Title: Teacher, Nutrition and Food Science, Jones County High School

Business Partner: Chap Nelson, Gray Health and Rehabilitation

Date: 6/12/18 and 6/14/18

At the end of your externship experience, please respond to the items below and submit the required documents to the Externship Liaison electronically at Email, Fax, or dropbox.

- What was the most important thing you learned from this experience?
I learned how extremely vital nutrition is for the aging population especially for healing and maintaining health. I gained an immense understanding of the interaction, communication and respect of each contributing factor (nutritionist, nurses, cnas, therapists, activities director, even staff) to the care of every individual's health and well being physically, emotionally, and mentally.
- How will this experience benefit your classroom or pathway?
I will use this information mainly for my Food for Life classes with aging nutrition and exercise. I will also use it for Food Science with sensory segment and for business skills.
- How will this experience benefit your teachers?
I will share information with my co teacher for use in nutrition discussion in first level classes. I will invite dietician to speak in her classes if desired. Many of our teachers have aging parents. I am always happy to share knowledge and information on a personal level with them.
- How will this experience benefit your students?
Giving them a hands on experience will bring a new perspective to the aging population and their needs while opening their eyes to a variety of job opportunities. Understanding and relating to the lives of others will hopefully spark empathy and concern as they become decision making adults. Also, hope to lead to volunteer opportunities for students.
- What advice would you give others participating in future Educator Externships? What suggestions do you have for strengthening the program next year?
Apply! Look for something that will apply to what you are currently doing in the classroom or what you know you have coming up. Step out to something you do not know much about or need to build up in your curriculum. Make sure to keep contacts and utilize for advisory, shadowing or volunteering positions.

**If receiving a stipend, this page must be submitted to the Externship Liaison. That person is TBD.

Plan of Action
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Advisory Committee:

Chap Nelson is current member. Will ask Cheryl Ray and Deborah Odum to serve as members of my committee.

Speakers for classes:

Food for Life: April/May 2019

Kendra, RN, Gray Health and Rehabilitation: Speak on healthcare needs of the elderly and career responsibilities and requirements

Cheryl Ray, Certified Dietary Nutritionist: Speak on career responsibilities and requirements, speak on nutritional needs of patients, food preparation and presentation

Food Science: Fall 2018

Craig Karch, Registered Dietician: Speak on food safety and sanitation and need for Serv Safe, speak on career responsibilities and requirements, and importance of nutrients to the body's performance and maintenance.

Cheryl Ray, Certified Dietary Nutritionist: Speak on career responsibilities and requirements, fulfilling sensory needs by creating foods that are appealing to the senses for those with eating issues.

Tours:

Food for Life: visit Lynn Haven nursing home and Gray Health and Rehabilitation to visit clients, view kitchen and discuss how meet dietary needs of individuals, view and participate in exercise activities, create exercises and take back to work with clients. Also learn about various career opportunities available and job responsibilities.

Food Science: If Cheryl Ray prefers, will visit to view demonstration of food preparation with pureed foods.

Lesson Plan Ideas will incorporate tour and speakers as component.

Food for Life: based on tour will investigate proper exercises for various ailments such as arthritis or stroke, create an exercise routine based on research, have approved by a physical therapist, and present to clients at nursing homes.

Food for Life: utilizing knowledge gained from tour and speakers, will create a nutritionally balanced meal that can be pureed with the challenge to make it aesthetically appealing.

Food Science: As part of Sensory Evaluation segment, students will learn about the need to make food appealing to the elderly especially those with eating issues. Will utilize Cheryl Ray and a cook from the nursing home to show new technique to prepare foods for those needing purees.

Craig Karch will speak on importance and functions of nutrients in the body as introduction to nutrient standards.

Pictures of Externship
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Me with Craig Karch, Regional Dietician for Ethica



Morning Kitchen Staff and Deborah Odum,
Dietary Manager at Gray Health and Rehabilitation



Cheryl Ray, Certified Dietary Manager, Lynn Haven Nursing Home

with Craig Karch, Regional Dietician for Ethica