

FAN Newsletter

Sodexo's Food and Nutrition Department
Fall 2017



SODEXO WELCOMES NEW MANAGERS AND EXECUTIVE CHEFS TO MUSC

Sodexo has provided food and nutrition services, including the retail spaces, patient services and clinical nutrition programs for over 35 years. Over the last several months, the department has welcomed several new leaders.

Nikki D. Pappas, District Manager for MUSC, has several years of leadership experience in the food service industry and she has excelled in many roles with Sodexo during her 18 year tenure. Prior to joining the region, Nikki served as the Senior Area General Manager for HCA's Wesley Medical Market in Wichita, Kansas, San Francisco General Hospital and the Huntington Hospital in Pasadena, California. Nikki is a CDM, CFPP, with a focus in the healthcare industry. Her ability to transform teams, build relationships, and focus on the goal of the client and institution has been paramount to her success. A second-generation Greek-American, food has been a passion her entire life that transformed into a successful career.

Lissa Bauwin, General Manager for Patient Services, has more than 35 years of experience in hospital food service management and states patient food service is her passion! She previously worked at Kaleida Health System as the GM at Women & Children's Hospital of Buffalo. She has a master's degree in nutrition and is a Registered Dietitian.

Mark Hammel, Executive Chef for Patient Services, attended the Culinary Institute of America in Hyde Park, and then worked in Ohio's only 4 star restaurant, L' Auberge. Mark's segue into healthcare was with the Trihealth Hospital System in Cincinnati and McLeod Hospital in Florence. For the past 4 years, he was the Executive Chef at Roper Hospital. Mark enjoys the excitement of catering and taking care of people.

Josh Taylor, Executive Chef at ART attended culinary school in Athens Georgia and then worked in Utah, first as the production chef at the Park Medical Center, where he became interested in health and wellness, then at LDS Hospital in Salt Lake City as Executive Chef. He moved to Charleston in 2014 and worked as the Chef at the College of Charleston before taking on his role at MUSC.

Please introduce yourself to these managers and chefs and welcome them to Charleston and MUSC!

13th year

Dow Jones
Sustainability Indices

Sodexo has been named the top-rated company in its sector on the Dow Jones Sustainability Index (DJSI) for the 13th consecutive year.

The DJSI results recognize Sodexo's concrete commitments in the areas of economic, social and environmental sustainability, reinforcing the company's leadership and commitment to corporate responsibility worldwide.

SERVICE SPIRIT

A SPECIAL THANK YOU TO THESE SODEXO EMPLOYEES

Maureen Seels, Retail Manager, and her staff for packing meals and drinks in under 20 minutes for the many firefighters, law enforcement, and rescue personnel who were on the scene of a large house fire on Smith Street, the second 2 alarm fire of the day. We are also grateful for those who worked to mitigate the impact of the flooding from hurricane Irma, allowing the enterprise to open and operate normally. Such dedication and pride to provide quality services during such an impactful event is the heart of everything we do!

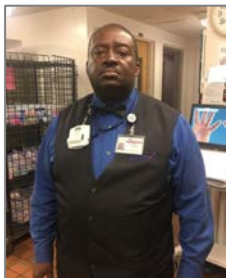


"No matter how small we are in our daily roles we are a piece of the greater puzzle that unites a community during time of need. You and your Food Service Team are to be commended for such an outstanding response!"

-- Brian Fletcher, MSN MHA, RN, Emergency Management Manager

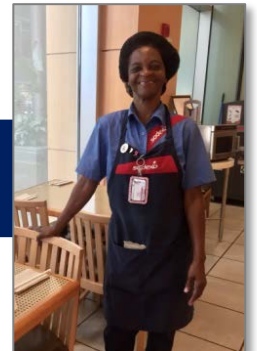


Rebecca Fuller, Clinical Dietitian, performed the Heimlich on a cafeteria patron who was choking. She relieved the object from the employee's airway and her quick action saved a life!



Jerome Gathers has worked in the Food and Nutrition Department for 28 years serving food to patients. The patients and nurses love him for his kind spirit, willingness to help, and always going the extra mile.

Shirley King, dining room attendant at ART, set tables in the cafeteria for children participating in *Kids Eat Free* at MUSC in an effort to make the children feel welcome and the event feel special.



WHAT DO MUSC EMPLOYEES SAY THEY LIKE BEST ABOUT THE *KIDS EAT FREE* PROGRAM?

- The hungry children look very happy when they receive their food.
- I love that MUSC recognizes the need for children to have meals during the summer, and then provides them. It makes me proud!
- I know many kids are not able to eat during the summer when they are out of school due to family income. This is a great service Sodexo offers to our wonderful community.
- It provides food security for families during the summer, and may incidentally teach kids and families about healthy choices
- I like that the families don't have to be singled out when they get to the register... they check out like everyone else!
- The kids get access to free food, when they wouldn't otherwise be able to afford it. It's healthy and gives them a well-rounded meal.
- Knowing we are helping so many children get a healthy meal when several of them probably would have gone hungry if not for the program is changing what's possible.



Kids Eat Free at MUSC served **5,511 meals** to hungry kids this summer! We are proud to be the first hospital in South Carolina to ever participate in a summer feeding program, serving over 13,000 meals since 2015.

QUALITY OF LIFE SERVICES



MUSC Dietetic Interns, **Stephanie Storer**, **Katy Ferguson** and **Alesa Taylor** learn some fun culinary skills, like rolling sushi, as part of their food service rotation.



Laura Dority, pediatric dietitian for MUSC's ketogenic program was a content advisor for the recently released "Practice Paper of the Academy of Nutrition and Dietetics: Classic and Modified Ketogenic Diets for Treatment of Epilepsy".

(J Acad Nutr Diet. 2017;117:1279-1292)



Sankar Srinivas, VP of Marketing for Sodexo Healthcare, visited MUSC in July to learn about the innovative programs offered here. Sankar will be leading a cross-functional marketing group focused on designing new product offerings and services to drive growth.

MEDICAL NUTRITION THERAPY LOWERS RISK

The Sodexo Medical Nutrition Therapy (MNT) outcomes data indicate that outpatients receiving individualized Medical Nutrition Therapy (MNT) for diabetes mellitus have highly significant weight loss, a highly significant drop in BMI and a highly significant reduction in HbA1c values and significant improvement in triglyceride levels. A reduction of 1% in HbA1c values has been shown to reduce:

diabetes-related death by

21%

risk of microvascular complications by

37%

risk of heart attack by

14%



Molly Jones, MUSC Bariatric Surgery Program & Telehealth Dietitian and Dr. Janice Key were on Live5 news during National Obesity Week. They addressed pediatric obesity, the rates of which have tripled in the last several decades.

Watch the interview at [http://foxcharleston.com/news/now/childhood obesity has more than tripled since the 1970s/](http://foxcharleston.com/news/now/childhood%20obesity%20has%20more%20than%20tripled%20since%20the%201970s/)



National
Kidney
Foundation™

Aymi Wyatt Welch, MS, RD, LD, Transplant Dietitian, presented a cooking demo at the National Kidney Foundation (NKF) Patient Empowerment Workshop to both patients with chronic kidney disease or end-stage renal disease on dialysis, as well as their providers in the community and dialysis centers. Nutrition to optimize kidney health and prevent complications was discussed as well as the post-transplant diet for those considering transplantation. **Sodexo Chef Mark Hammel** provided the cooking demonstration with samples using a renal diet-friendly recipe.



Sodexo Wellness Dietitian **Debbie Petitpain** and Chef **Josh Taylor** presented several cooking demonstrations on the Spotlight Stage at the 2017 Southern Women's Show. Demos included topics such as: "Cook Once, Eat Thrice", and "Pumpkin Spice Makes Everything Nice". The "Healthy Happy Hour" demo featured a Margareta Mocktail from the latest edition of Edible Charleston.

Get the recipe at [http://ediblecharleston.ediblecommunities.com/drink/no proof necessary](http://ediblecharleston.ediblecommunities.com/drink/no%20proof%20necessary)

