

**Directions:**

**FROM THE WEST:** Take the Northwest Toll way (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 road. 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 applied for from Academy of Nutrition and Dietetics

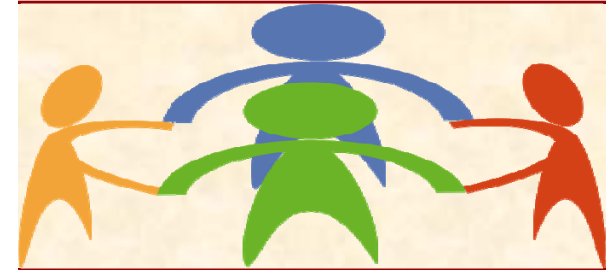
7.5 Dietary Managers CEU's have been applied for from Association of Nutrition & Foodservice Professionals

7 LNHA CEU's have been applied for from Illinois Department of Professional Regulation

7 RN CEU's have been applied for from Illinois Department of Professional Regulation

7 LPN CEU's have been applied for from Illinois Department of Professional Regulation

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



**Together Towards Tomorrow**

**ANNUAL HEALTHCARE  
EDUCATIONAL CONFERENCE  
& VENDOR EXPO**

**Friday, October 16, 2015  
8:00 AM - 4:30 PM**

**Chicago Marriott O'Hare  
8535 W. Higgins Road  
Chicago, IL 60631**



5061 N. Pulaski Road  
Suite 300  
Chicago, IL 60630

# TOGETHER TOWARDS TOMORROW

## KEY TAKE-AWAYS

At the conclusion of this seminar, participants will:

- Learn five core leadership qualities that never go out of style. Lead authentically through clear communication, being transparent, and envisioning positive outcomes.
- Understand nutritional goals for dialysis residents. Appreciate how the normal changes in aging, including gastrointestinal changes and hormonal changes, affect nutritional status.
- Identify the keys to effective training. Capture and hold employees' attention by going beyond traditional training methods. Upgrade tools and techniques to make training impactful for various size groups and people of different ages.
- Learn to provide residents with good-tasting, low-cost meals. Understand the advantages of speed scratch cooking. Add flair to entrees by unlocking the secrets of seasoning.
- Learn the impact the new sanitation code will have on dietary departments in the coming year. Use knowledge of the new regulations to train staff to be survey ready.
- Experience innovative new food products at the vendor exhibits. Learn new applications for familiar products and learn how to control food cost.

## PROGRAM

### Morning Session:

- 8:00 - 8:30**      **Registration/Coffee Break/Exhibits**
- 8:30 - 8:45**      **Welcome and Introduction of Contributors**  
Ann Engles, RDN, LDN  
Vice President-Coordinating Dietitian  
Cynthia Chow and Associates, LLC
- 8:45 - 10:00**      **Traits Every Leader Needs**  
Debra Zabloudil, FACHE, CAE  
President & CEO, The Learning Studio, Inc.
- 10:00 - 11:15**      ***What's A Body To Do!* Nutrition Care for  
Dialysis Residents**  
Mary Ellen Brabec, MHS, RDN, LDN  
DaVita Dialysis Center
- 11:15 - 11:45**      **Coffee Break/Exhibits**
- 11:45 - 1:00**      **Innovative Ways to Train**  
Maureen Leugers, MBA, RD, CD  
Director of Customer Segment Marketing at  
Gordon Food Service
- 1:00 - 2:15**      **Lunch Break/Exhibits**

### Afternoon Session:

- 2:15 - 3:30**      ***Budgeting Blues: Managing Champagne  
Taste on a Beer Budget!***  
Chef Rich Smice, Corporate Chef,  
Brands Manager & Chef Consultant  
Performance Foodservice -Thoms Proestler
- 3:30 - 4:30**      ***News Flash! Illinois Is Adopting A New  
Food Code... Are You Ready?***  
Laurie Jahn, LEHP, MPA  
Senior Environmental Health Program  
Specialist-Lake County Health Department

## RETURN REGISTRATION TO:

Cynthia Chow & Associates, LLC  
5061 N. Pulaski Road, Suite 300  
Chicago, Illinois 60630  
Tel # (773) 539-8181 \* Fax # (773) 539-0039

### METHOD OF PAYMENT

AMEX \* DISC \* MC \* VISA

Check/Money Order Payable to:  
CYNTHIA CHOW & ASSOCIATES, LLC

**2015 SEMINAR FEE: \$130/PERSON**  
(lunch, seminar materials & parking included)

\_\_\_\_\_ Please check if Kosher meal is desired

**Website Registration: [www.cchowandassoc.com](http://www.cchowandassoc.com)**

### Registration

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Facility: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Tel.#: \_\_\_\_\_

Cell #: \_\_\_\_\_

Email: \_\_\_\_\_

### Credit Card Information

Name on the Card \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Card Holder Billing Address: \_\_\_\_\_

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