



**Dietitians of Canada**  
*Les diététistes du Canada*

Ontario Family Health Teams Network

# The 11<sup>th</sup> Annual Dietitians of Canada Ontario Family Health Team Registered Dietitians Conference

***Primary Care:  
Advance, Transform, and Celebrate the Journey***



Lamplighter Inn & Conference Centre

591 Wellington Rd

London, ON N6C 4R3

Phone: (519) 681-7151

# Program Schedule

Day 1	Thursday, Sept 15 <sup>th</sup> , 2016
8:00-8:30	Registration, Breakfast and Market Place
8:30-8:45	Opening Remarks
8:45-10:00	① Angela Rolleman: When You're Happy and You Know It: Why Happiness Matters to Health and How to Get More of it
10:00-10:15	Nutrition Break, Marketplace and Networking
10:15-11:00	② Rupinder Dhaliwal: Metabolic disease and CHANGE Program
11:00-11:30	③ Barbara Manilla Award Presentation
11:30-12:30	Lunch Break, Marketplace and Networking
12:30-12:45	④ Marg: Price Report & PHC Update
12:45-2:30	⑤ Binge eating disorder and treatment: St. Josephs Dr. Laliberte & L. Davies RD ⑥ FHT Program Sharing (TBA)
2:30-2:45	⑦ Fitness/Movement Break – GoodLife
2:45-3:00	Nutrition Break, Marketplace and Networking
3:00-3:45	⑧ Renal 101: Leslie Hardin RD (to be confirmed)
3:45-4:00	⑨ From Clinic to Community: a kidney health group education program: Luma Al-Shubackk MScFN RD, Dr. Cathy Faulds, Dr. Catherine Walsh and Lisa Doerr, MScFN, RD
4:00-4:15	Wrap up & Questionnaire
Day 2	Friday, Sept 16 <sup>th</sup> , 2016
8:00-8:30	Registration, Breakfast and Market Place
8:30-9:45	① Kate Samala: A Nutrition Focused Approach to Picky Eating
9:45-10:30	② Mike Barrett: Integration of Primary Care
10:30-10:45	Nutrition Break, Marketplace and Networking
10:45-11:30	③ Jessica Cane: Nutrition in Pediatric Gastrointestinal Issues
11:30-12:30	Lunch Break, Marketplace and Networking Opportunities
12:30-1:15	④ SOS feeding: Ashley J. OT
1:15-2:30	⑤ Wendy Shah: Craving Change: You're a Dietitian, and You 'Get It'!
2:30-2:45	⑥ Pilates 101: Create Balance Pilates, Collette & Renee
2:45-3:00	Nutrition Break, Marketplace and Networking
3:00-4:00	⑦ Dr. Fullerton: Diabetes Update & Weight Management Medications
4:00-4:15	Wrap up & Questionnaire

# Thursday, September 15<sup>th</sup> 2016

## **When You're Happy and You Know It: Why Happiness Matters to Health and How to Get More of it**

Angela Rolleman, MSW, RSW

In this talk, Angela will review the link between happiness and health; the research findings from Positive Psychology (dubbed "The Science of Happiness"); and the evidence-based interventions that lead to lasting and sustainable happiness, resilience, fulfillment and well-being (for our clients and ourselves!).

---

## **Metabolic Disease & CHANGE Program**

Rupinder Dhaliwal, RD

The CHANGE Program was created by leading health professionals at Metabolic Syndrome Canada to provide family medicine clinics with the tools they need to offer effective, lasting lifestyle intervention to patients with metabolic syndrome. Based on evidence from diet and exercise research, the CHANGE Program focuses on long-term changes and overall well-being. It simultaneously targets the conditions that often progress to high blood pressure, heart disease, stroke, and diabetes, while reducing the need for medication.

---

## **Price Report & PHC Update**

Marg Alfieri, RD

Session encompassing recent Baker Price report and implications for primary care dietitians.

---

## **Binge Eating Disorder & Treatment**

Dr. Laliberte & Laura Davies RD

Session discussing binge eating disorder, criteria for diagnosis, and treatment principles associated with successful recovery.

---

## **Poster Presentations & Program Sharing**

Varying nutrition based poster abstracts will be presented. Find out what other FHTs are doing with programming.

---

## **Renal 101 & Renal Program Sharing**

Leslie Hardin, RD & Luma Shubbak, RD

Session encompassing clinical renal patient education and various approaches in the clinical setting. In addition Luma will discuss the program titled from Clinic to Community: a kidney health group education program.

---

# Friday, September 16<sup>th</sup> 2016

## **A Nutrition Focused Approach to Picky Eating**

Kate Samela MS, RD, CSP

A Nutrition Focused Approach to Picky Eating includes a review of recent literature regarding picky eaters or selective eaters and discusses in detail nutrients of concern in this population. Key points that will be addressed include: bone mineral density, behavioral problems, brain function, and digestive health in relation to the selective eater. Take away strategies that clinicians can use in everyday practice are presented.

---

## **Nutrition in Pediatric Gastrointestinal Issues**

Jessica Cane, RD

Session that covers various gastrointestinal issues that arise within the pediatric population. This may include intolerance, allergies, or other implications of the Gi tract.

---

## **SOS Feeding**

Ashley J, OT

The SOS Approach focuses on increasing a child's comfort level by exploring and learning about the different properties of food and allows a child to interact with food in a playful, non-stressful way, beginning with the ability to tolerate the food in the room and in front of him/her; then moving on to touching, kissing, and eventually tasting and eating foods.

---

## **Craving Change: You're a Dietitian, and You 'Get It'!**

Wendy Shah, RD

Clients feel that you understand them when you encourage them to understand themselves. With a bit of background information and lots of case studies, you will be able to practice strategies to help your clients:

- Be more self-compassionate about their eating habits
  - Interrupt their inner conversations
  - Conserve their willpower
  - Identify underlying triggers for problematic eating
  - Re-route their train of thoughts
- 

## **Diabetes Update & Weight Management**

Dr. Fullerton, Cardiologist

Informational session surrounding medications utilized for diabetes management and their impact on weight management.

# Activity Breaks

...cause everybody needs a break

## Pilates 101

Collette and Renee, from North Pilates, will lead us in a brief introduction to Pilates session.

Collette is the Co-Owner of Create Balance Pilates studio and has been in the health and fitness industry for over 20 years teaching group, private training, and in various management roles. Collette has attained her BSc in Nutrition from University of Guelph and multiple certification in fitness.

Renee is also Co-Owner of Create Balance Pilates studio and has 15 years of teaching and fitness management experience with a BSc in Kinesiology from U of T. Renee has attained multiple certifications in fitness throughout her career.



## Goodlife London

To be confirmed

# Barb Manilla Award



The Barb Manilla Award, is a peer nominated award in memory of Barbara Manilla, (1985 – 2010). The recipient is a FHT RD that closely exemplifies Barb's outgoing and unique personality. Barb was a true foodie and her joy came out in the kitchen, by adapting recipes to make them healthier and still tasty! She kept up to date on the latest food products/food trends, and her desire to expand her medical nutrition therapy knowledge shone through in her every day work.

This year's recipient definitely meets the award criteria, including:

- Thirst for knowledge and continuing education
- Passion and love for food
- Experimenting and trying new foods
- Translating the science of nutrients into whole foods
- Excitement for nutrition and food
- Interest in learning

# Presenter Biographies



## **Angela Rolleman, MSW, RSW**

Angela is a registered social worker, speaker & trainer. Currently she is an instructor for the Wilfrid Laurier University Faculty of Social Work Professional Development Program; she has her own business providing on-site training workshops for organizations as well as personal development workshops for individuals; and she is on staff as a social worker at the Family Health Team in Woodstock. Angela has been a speaker at several conferences on topics including addiction, Motivational Interviewing, self-esteem, overcoming limiting beliefs, and positive psychology. Recently, Angela has been offering “Happiness: 101” groups for clients, based on the principles of positive psychology. To learn more, visit [www.angelarolleman.com](http://www.angelarolleman.com)

## **Wendy Shah, RD**

For over 30 years, Wendy has been implementing her original ideas, clinical expertise and creative skills in the area of chronic disease and weight management. She recognizes that we are all “mind-full” eaters and that addressing the important question of “why” we eat the way we do is the key to developing a healthier relationship with food. In collaboration with Dr. Colleen Cannon, Wendy developed Craving Change™ - the #1 psycho-educational program in Canada to help individuals who struggle with their eating. She has inspired thousands of her colleagues to incorporate this ‘missing piece of the puzzle’ into their practice. Most recently, Wendy published a five-part series in the British Dietitians Association magazine and will be presenting at the 2016 Dietitians Association of Australia national conference and the International Congress of Dietetics in Spain.



## **Kate Samela MS, RD, CSP**

Kate has been a Registered Dietitian for 15 years and is board certified by the Commission on Dietetic Registration as a specialist in pediatric nutrition. She published her first book, Give Peas a Chance: The Fool-Proof Guide to Feeding Your Picky Toddler with Sourcebooks (2013). After obtaining a Master’s degree in Clinical Nutrition from New York University, she spent the next ten years of her career working with children of all ages prescribing nutrition therapy and counseling families on feeding and nutrition; Kate has taught on the topic of pediatric nutrition to hundreds of medical, nursing, and dietetic students at premier children’s hospitals along the east coast. She has spoken nationally and published articles on various topics of digestive health in nutrition and has been featured on ABC-CT, and Fox-CT News. Kate currently works in a busy outpatient pediatric practice specializing in digestive diseases and nutrition. She resides in Connecticut with her husband and two children, on a constant quest for the best approach to feeding a busy family.



# Presenter Biographies

## **Marg Alfieri**



Marg Alfieri is a Clinical Dietitian who has worked in a wide variety of health care settings, from tertiary care, research, private practice and finally to her delight in primary care – family health teams. She is an Associate Professor at McMaster’s School of Medicine. In 2005 Marg founded the FHT RD network and now sits on the Dietitians of Canada’s Primary Health Care Action Group. She has been instrumental in the creation of AFHTO’s Community of Practice for nursing, admins and IHPS. Currently she is manager of KW4 Health links. In 2011 the Family Medicine Residents awarded her the IHP Preceptor of the year. In 2014, Marg was named “Fellow of Dietitians of Canada” for her contributions to primary care nutrition.

## **Rupinder Dhaliwal**



Rupinder Dhaliwal, is a Registered Dietitian, who has been working in the area of Critical Care Nutrition Research. She has played a key role in the development of evidence based Guidelines for Nutrition Support in the Critically ill and is the Co-Chair of the Canadian Critical Care Clinical Practice Guidelines Committee. Rupinder has led several multicentre, randomized nutrition trials in the critically ill including the REDOXS Study. She has provided leadership to many Critical Care Nutrition Quality Improvement projects, has presented at many national and international conferences and has written several publications.

## **Dr. Laliberté**

Dr. Laliberté received her Ph.D. in 1994 from Queen's University, and completed her internship at Hotel Dieu Hospital in Kingston, Ontario. Dr. Laliberté is currently the Director of the Eating Disorders Program, St. Joseph’s Healthcare and Staff Psychologist specializing in Eating Disorders. Dr Laliberté also has extensive experience in treating anxiety and depression.

## **Laura Davies RD**

Laura is a Registered Dietitian who has experience working with adolescents and adults with eating disorders. She is knowledgeable in the nutritional therapy of many conditions such as diabetes and heart health, bariatric surgery, osteoporosis, anemia, sport performance, and food allergies/intolerances, among others, and incorporates these skills as necessary in treating her clients with eating disorders. Laura obtained her degree in Applied Human Nutrition at Mount Saint Vincent University in Halifax, and completed her internship at various hospitals and facilities in St. John’s, Halifax, and Toronto.

## **Jessica Cane**

Jessica is a Registered Dietitian specializing in pediatric nutrition. She is currently employed by London Health Sciences and works in multiple clinical areas within the University Hospital.



## Social Event at Toboggan

Thursday September 15<sup>th</sup> – 6pm (time to be confirmed)

Come and join us for a family style social event at Toboggan. Eat, drink, and be merry while networking with other conference attendees at this unique facility. Cost of attendance is \$40 with registration. A list of menu items that may be provided at this event can be found at the Toboggan website.

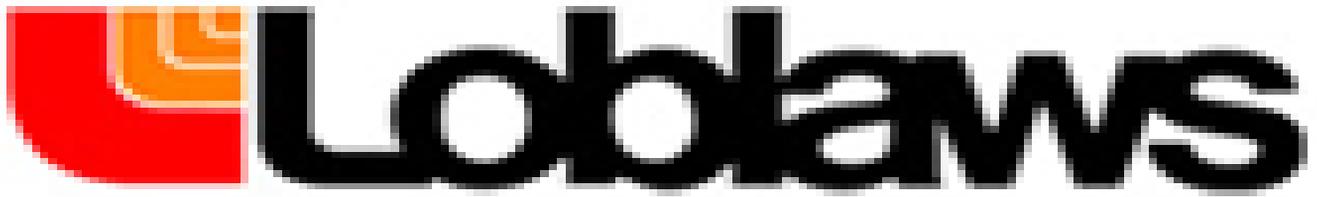
<http://www.tobogganbrewing.com/>

Any specialty diet requests should be indicated when registering for possible accommodations.

*Transportation to the facility will be provided with registration costs!*



Thank you to our generous sponsors!



# Thank you to our generous sponsors!

*London*  
**Family Health Team**



CREATE BALANCE PILATES