



pinnacle

Exchange

Vol. 5, 2016

2016

Happy New Year!

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A Message From The CEO

As we enter into 2016, it seems like a great time to reflect on what we've accomplished, the journey we've taken to get to where we are and the plans we have for an exciting, bright future.

I'd like to start by telling you how much I appreciate each member of the Pinnacle team and that I recognize we wouldn't be where we are without the contributions made by each and every one of our employees, Thank you.

Last year was a year of growth, change and transition. We embarked upon some new ventures and departed from some old ventures, all the while maintaining the Pinnacle way of Hospitality and Gracefulness.

Some of this year's extracurricular highlights include the Culinary Challenge at the US Foods Kitchen where we paired teams from the operations and clinical family, intertwining competitors with teammates from other facilities. We joined together in August with our work-families and personal-families for the annual Employee Picnic at the Castle Fun center. A spirited game of volleyball slated Triple A Supplies against Pinnacle Dietary and I have to admit, it was a close match. (We look forward to the next game in 2016!)

With the executive team in place and with the help of our above-and-beyond-thinking employees, we are making strides in fulfilling our mission of Striving for Dining Excellence in Healthcare Every Day!

We have earned a reputation as a trusted partner to our customers, and we want our reputation for excellence to spread to other areas within our customer community. In a nutshell, that's our goal for 2016.

It's an incredible feeling to know that when I go out to clients – both existing and potential, that there's no way I can oversell the competency and commitment of my team.

Thank you for all you do. My door is always open to you.



Courtney Dittbrenner
Chief Executive Officer

INDUSTRY

NEWS



CONGRATS! To Tonja Werkman

Vice President of Clinical Operations,
Vice President of Support Services

We are pleased to announce that our Vice President of Clinical Operations, **Tonja Werkman**, will be taking on an additional role within our company. She will continue to run and oversee the clinical operations but will now oversee Support Services as well. As our Vice President of Support Services she will play a larger role in the operations and finances of Pinnacle Dietary as well as enhancing communication between the corporate offices of Triple A Supplies and Pinnacle Dietary and our employees in the field.

A Statement From The Vice President

By Moshe Ackerman

Following the hectic holiday season, I am excited for what we've accomplished and what we are moving towards as we progress into this New Year. I appreciate the great team we have at Pinnacle Dietary, and the support everyone in our organization demonstrates as we continue to work together and go the extra mile for the communities we are fortunate to serve.

I also would like to express my appreciation to our customers. Together, we have built a relationship of openness and teamwork as we strive to understand the needs and enhance the lives of the elders. I look forward to continuing to build these relationships through this New Year, and long after, as we work together to find solutions that best serve those in our care.



WOW

FACTOR

Holiday Photos





Dietary Spotlight

Deficiency Free State Dietary & Clinical Surveys

March 2015

Abingdon Care and
Rehabilitation Center

Dietary Regional Manager: Lisa Coffee

Clinical Regional Manager: Kelly Murray

Dietitians: Jessica Geludig

Support Dietitians: Bhairavi Shah & Deena Csukardi

August 2015

Cornell Hall Care and
Rehabilitation Center

Dietary Regional Manager: Jerome Brown

Clinical Regional Manager: Jeannine ReMcNamara

Director of Dining Services: Gudrun Murray

Assistant Director of Dining Services: Robert Eaves

Dietitians: Rosanna Abraham

September 2015

Adira at Riverside
Rehabilitation and Nursing

Dietary Regional Manager: Andrew Merklinger

Clinical Regional Manager: Jeannine ReMcNamara

Director of Dining Services: Carmen Edwards

Dietitians: Raj Jagnandan

Windsor Gardens Care Center

Dietary Regional Manager: Jerome Brown

Clinical Regional Manager: Elena Ostrovsky

Director of Dining Services: Meena Ramdass

Assistant Director of Dining Services: Mervin Henry

Dietitian: Emy Lou Gonzales and Annette O'Neill

October 2015

Brookside Healthcare and
Rehabilitation Center

Dietary Regional Manager: Lisa Coffee
Clinical Regional Manager: Kelly Murray
Director of Dining Services: Aaron Mitchell
Dietitians: Julie Kimble

Wedgwood Gardens Center

Dietary Regional Manager: Lisa Coffee
Clinical Regional Manager: Kelly Murray
Director of Dining Services: Jay Marrero
Dietitian: Stacie Shuster

Deficiency Free State Clinical Surveys

June 2015

Sprain Brook Manor
Rehabilitation Center

Regional Dietitian: Jeannine ReMcNamara

October 2015

Majestic Rehabilitation
and Nursing Center

Registered Dietitian: Claire Bender & Deena Csukardi
Support Dietitian: Annette O'Neill & Darwin Mitchell
Regional Dietitian: Elena Ostrovsky

December 2015

Llanfair House Care &
Rehabilitation Center

Registered Dietitian: Nancy McMahon
Regional Dietitian: Jeannine ReMcNamara

Merwick Care and
Rehabilitation Center

Registered Dietitian: Bhairavi Shah and Deena Csukardi
Support Dietitian: Darwin Mitchell
Regional Dietitian: Kelly Murray

The

Buzz!

Winter 2016

Promotions

Andrew Merklinger, Corporate Executive Chef

Andrew Merklinger, CDM, CFPP, joined the Pinnacle team in 2010 as Assistant Food Service Director and quickly rose to the position of District Manager in 2013. After perusing a career opportunity between late 2013 and late 2014, Andrew rejoined the pinnacle team as the Regional Dietary Manager of NY facilities in PD3. Andrew's hard work within the company has not gone unnoticed and we are now pleased to announce his promotion to Corporate Executive Chef.

Erica Munoz, Assistant Director of Dining Services

Erica Munoz has over 10 years of experience in the food service industry. She's held positions such as Dietary Aide and Food Service Supervisor. She has continued to grow with us at Pinnacle as a Manager in Training. Erica has now been promoted to Assistant Director of Dining Services at Llanfair House Care and Rehabilitation. Congratulations!

Gary Koch, Director of Dining Services / Training Manager

Gary Koch is our Director of Dining Services at Ashbrook Care and Rehabilitation Center. In addition to his role as the Director of Dining Services, Gary has accepted the position of Training Manager to help teach new employees as well as mentor current employees as they transition into new roles within the company.

Jay Marrero, Director of Dining Services / Training Manager

Jay Marrero is our Director of Dining Services at Wedgwood Gardens Center. In addition to his role as the Director of Dining Services, Jay has accepted the position of Training Manager. He will help teach new employees as well as mentor current employees as they transition into new roles within the company.

Laurence Delos Santos, Director of Dining Services

Laurence Delos Santos joined Pinnacle Dietary in the Fall of 2014 as our Assistant Director of Dining Services at Llanfair House Care and Rehabilitation. Through his hard work and dedication, we are pleased to announce his promotion to Director of Dining Services at Llanfair.

Nii Tagoe Jr, Director of Dining Services

Nii Tagoe originally joined us in mid-2015 as our Chef Manager at Abingdon Care and Rehabilitation Center. He has a degree in Culinary Arts from Johnson and Wales University as well as a Bachelor's in Hotel and Restaurant Management from The Art Institute of Pittsburgh. Nii has over 10 years of culinary experience and strong management knowledge. Please join us in congratulating him on his promotion to Director of Dining Services at Abingdon Care and Rehabilitation Center.

Robert Eaves, Director of Dining Services

Robert Eaves joined us as Assistant Director of Dining services, with over a decade of experience in this role. Through continued hard work and support he has certainly earned his promotion to Director of Dining Services at Cornell Hall Care and Rehabilitation Center. Congratulations, Robert!

New Employees

Albert Plevier, Chef Manager

Albert Plevier joins Pinnacle as the Chef Manager at Wedgwood Gardens Center. Albert majored in Professional Cooking at Baltimore International College and has over 20 years of experience in professional kitchen settings.

Carmen Edwards, Director of Dining Services

Carmen Edwards is our Director of Dining Services at Adira. She has a Bachelor's degree in Dietetics from Lehman College and years of experience as a dietary technician and a Dietary Supervisor.

Emmanuella Jean, Dietary Supervisor

Emmanuella Jean joins Pinnacle as the Dietary Supervisor at Merwick Care and Rehabilitation. She is ServSafe certified and has a strong background in nursing, specializing in working with Alzheimer and Dementia patients. Emmanuella also has over 10 years of experience in dietary and food service.

Joseph Schiettino, Executive Chef

Joseph Schiettino, ServSafe certified, joins us as the Executive Chef at Merwick Care and Rehabilitation. He has experience across the food service industry from Waiter, to Sous Chef on up to Assistant Food Service Director.

Lucille Arzadon, Director of Dining Services

Lucille Arzadon joins us as the Director of Dining Services at Merwick Care and Rehabilitation. Lucille is ServSafe certified and brings with her over 15 years of experience as a Dietary Supervisor and Food Service Director.

Marissa Procaccini, Registered Dietitian

Marissa Procaccini, RD, is ServSafe certified and joins us as a registered dietitian at Merwick Care & Rehabilitation. She has a Bachelor's degree from Marywood University and has worked with companies such as Healthcare Services Group.

Michelle Shapiro, Registered Dietitian

Michelle Shapiro, RD, joins Pinnacle as a Clinical Dietitian at Sprain Brook Manor Rehabilitation Center. Michelle attended the University of Delaware where she earned a Bachelor of Science in Dietetics. She has worked as a clinical dietitian.

Morgan Leverett, Staff Assistant

Morgan Leverett joins us as a Staff Assistant at our corporate office in Newburgh, NY. She has a Bachelor's degree in photography and digital art. Morgan joins us with experience in a variety of fields ranging from Photographer, Administrative Assistant, Copy Writer and Digital Marketer.

Samantha Podob, Registered Dietitian

Samantha Podob, RD, ACPHA, ServSafe certified, joins Pinnacle as a registered dietitian at Manhattanville Nursing Home. In addition to being a registered dietitian she also has a Bachelor's degree in Hotel, Restaurant and Tourism Management. She is currently pursuing her Master's in Nutrition and Dietetics. Samantha has worked for the New York City Department of Education as their Food Service Manager.

Sha-ron Shaw, Chef Manager

Sha-ron Shaw, CDM, joins the Pinnacle team as a Chef Manager at Manhattanville Nursing Home. He is ServSafe certified and adds over 10 years of experience in Food Service to our team. He has held positions ranging from Executive Chef to Food Service Director.

William Durecout, Chef Manager

William Durecout joins us as the Chef Manager at Adira at Riverside Rehabilitation and Nursing. He has a Culinary Art Certificate from the Culinary Academy of New York.

Welcome Back**Dionne Charles, Manager in Training**

Dionne Charles began her career with Pinnacle in 2013 as a Dietary Aide at Sprain Brook Manor Rehabilitation Center. In the Fall of 2015 she became a part of the Pinnacle Dietary Professional team as the Manager in Training at Sprain Brook Manor.

Jacqueline Gray, Concierge

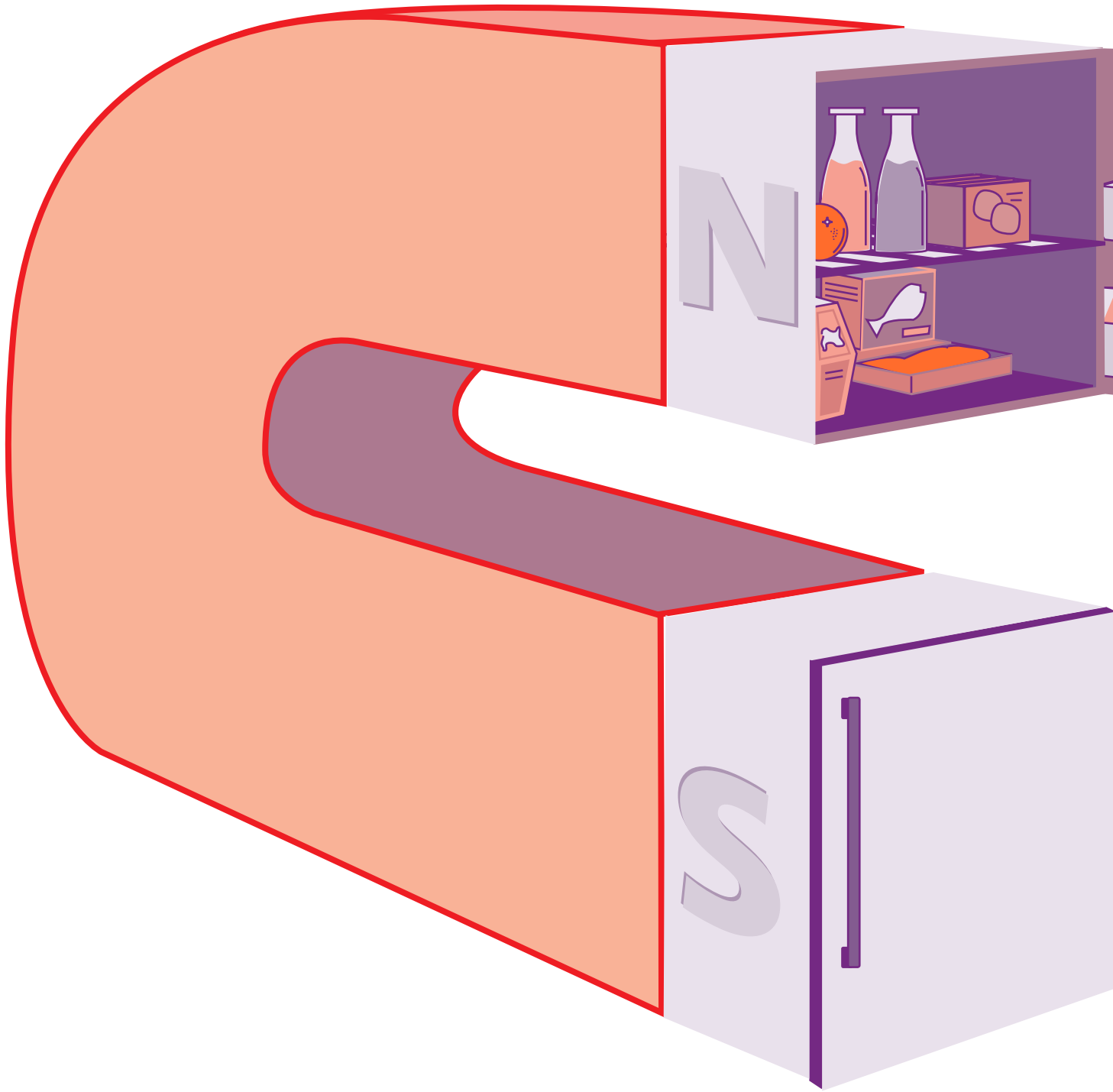
Jacqueline Gray first joined Pinnacle in 2012 as a Dietary Aide at Merwick Care and Rehabilitation. She has since moved into the Pinnacle Dietary Professional field as our Concierge at Merwick.

Noevis Mazorra, Chef Manager

Noevis Mazorra began her career at Pinnacle Dietary as a Cook at Merwick Care and Rehabilitation in 2013 and returned to us, moving into the Pinnacle Dietary Professional field, as the Chef Manager at Abingdon Care and Rehabilitation in the Fall of 2015.

Princess Barnes, Maître D'

Princess Barnes began working with Pinnacle in 2010 as a Dietary Aide at Merwick Care and Rehabilitation. In the Fall of 2015 she joined the PD Professional field as the Maître D', also at Merwick.



CLINICAL  CORNER

WHAT TO DO WHEN YOU ARE **CRAVING** SNACKS AFTER DINNER

Written by Elena Ostrovsky



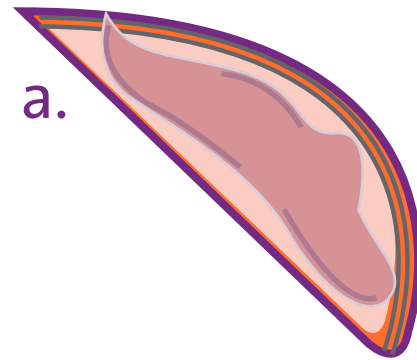
If you are craving a snack after dinner, you aren't alone. This feeling happens to many people, and there are a few reasons as to why. If you are eating too small of a meal at dinner, or choosing foods that are not filling, you may start to crave an evening snack due to hunger. But it's not always hunger that has you headed towards the kitchen either. It's possible that sweet craving is coming from a desire to "treat yourself" as you relax and unwind from the day. It can also stem from boredom at night and eating is an "activity" that gives you something to do.

To stop these nighttime cravings from happening, first you need to identify if you are truly hungry or if your desire to snack is coming from boredom or emotional reasons. Before reaching for that snack, ask yourself if you are truly hungry. Is your stomach growling? If you aren't sure, a good strategy is to wait 15 minutes before reaching for a snack. If you are still feeling the need to eat after this time, you are most likely hungry whereas a craving would typically pass. Another strategy is to allow yourself to snack on only vegetables or fruit. If you are truly hungry, any food choice will help to fill you up. If you are just craving a snack or "sweet treat" for emotional reasons or due to boredom, the idea of having produce may not be as appealing as the cookie you have been eyeing.

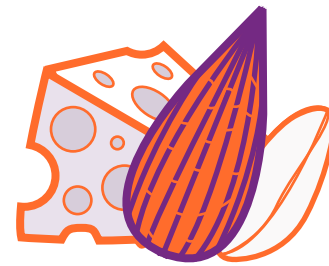
If hunger is the cause of your need to snack at night, look at your current dinner choices and see how you can improve them to make your meal more filling. Can you add an extra serving of vegetables to boost fiber without adding many calories? Can you increase your serving of lean protein to improve your feeling of fullness or drink an extra glass of water with your meal? Changes like this will not elevate blood sugar levels, but will help to leave you more satisfied so you can pass on that nighttime snack.

If you have boosted your intake at dinner and find you are still hungry at night, it's fine to have a healthy snack. Choices that contain a balance of lean protein and healthy fat along with a complex carbohydrate are your best bet. Some options include:

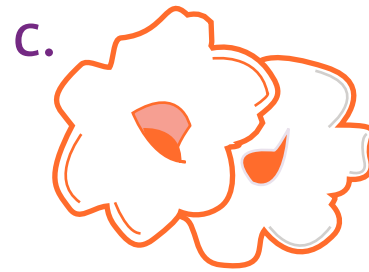
- a. Almond butter on apple slices
- b. One ounce of low fat cheese with a handful of nuts
- c. 3 cups of air popped popcorn
- d. Carrot sticks and hummus
- e. ½ cup low fat cottage cheese with fresh berries



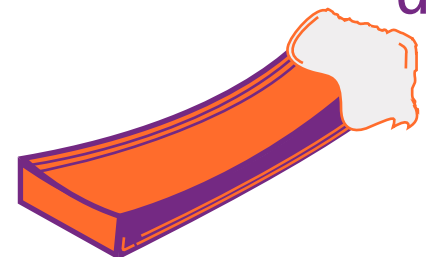
a.



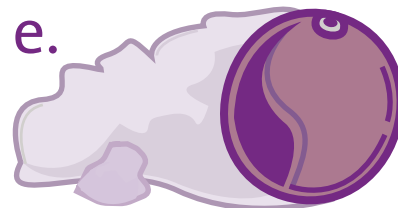
b.



c.



d.



e.

Whenever you snack in the evening, make sure to practice mindful eating habits to help fight against boredom eating which can lead to excess calorie intake and elevate blood sugar levels. To do this, when you snack, make sure to focus on the food you are eating and remove all distractions. Turn off the TV and the computer and sit down to eat your food on a plate. Make

sure you focus on what you are eating and involve all of your senses. What does the food taste like? Smell like? What is the texture of the food? The more you 'experience' the food instead of quickly gobbling it up, the more satisfied you will feel and the less likely you will be tempted to go back for more. 🍷

If you are craving something salty and sweet and just can't shake it, try making my favorite no-guilt nighttime snack:



Chocolate Popcorn Trail Mix

Ingredients:

3 cups air popped popcorn
¼ cup slivered almonds
¼ cup raisins
2 Tbs dark chocolate chips

- Mix together, serve, and enjoy! Makes 2 servings.

WOW

FACTOR

Everyday Meals



Baked Chicken, Noodle Kugel and Glazed Carrots



Corned Beef, Parsleyed Potatoes and Cabbage



Chicken Cordon Bleu, Fresh Green Beans and Scalloped Potatoes



Baked Fish, O'Brian Potatoes and Mixed Vegetables



Pork Pernil and Sweet Yellow Plantains



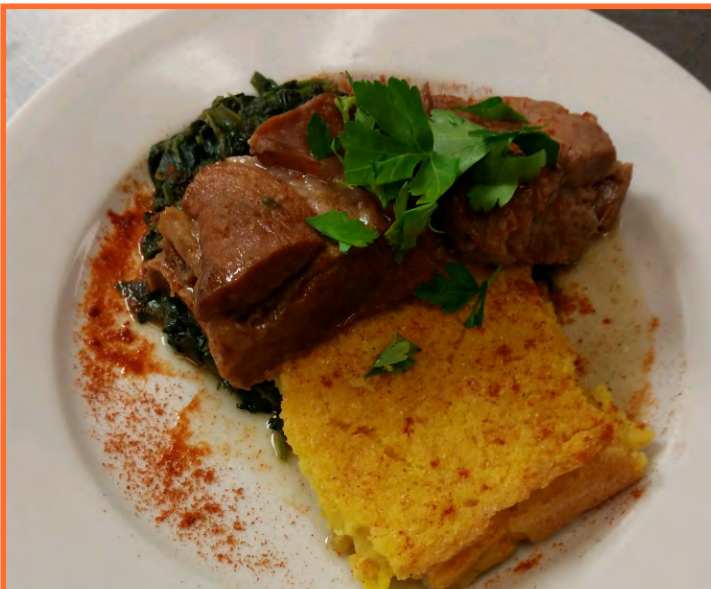
Sweet & Sour Pork



Turkey Wing, White Rice, Peas & Carrots



Jerk Chicken, Rice & Beans and
Broccoli with Cauliflower Blend



Chile Lime Pork, Polenta Squares and Spinach



Chicken Fricassee, Green Beans,
Rice & Beans and Plantains

CUTTING EDGE

CULINARY



Pinnacle's Semi-Annual Meeting

By Jessica Berentsen



On October 8, 2015 we hosted our Semi Annual Training Meeting. Chef Michael Miello & our wonderful Representative Wendy Kutner from U.S. Foods were kind enough to lend us their state of the art test kitchen for the day.

We planned our meeting around the theme of Chopped, the popular game show from the Food Network.

We had our entire staff of Dietitians & Directors of Dining Services join in friendly competition. We gave the teams blind baskets that consisted of eggplant, beef and chicken along with all of the staples. It was a wonderful way to get everyone together working as a team, with creative energy flowing. A great time was had by all. This meeting was an excellent opportunity to show off our teamwork skills- and with delicious results! I can certainly say that I am proud to be part of this team. Go Team Pinnacle!

Food For Thought...

Spring/ Summer Menus

By Roel Lopez



Our teams of culinary experts in the field have put together a wide variety of recipes such as fresh, healthy, homemade parfaits for breakfast, healthy egg whites on flat bread, homemade meatballs over whole wheat spaghetti and homemade breakfast frittatas.

To better serve our clients, we seasonally revamp our Spring/Summer cycle menus to best provide and cater toward our younger generation population by incorporating more seasonal, fresh and organic ingredients in our recipes. We have added more grab and go items such as wraps, paninis and healthy salads. Of course, our long term care population will still be able to enjoy our selection of old fashioned comfort foods such as meatloaf, lasagna and macaroni and cheese.

In addition to our monthly theme meals, we also incorporate a once a month Chef's Choice Day. This gives our facility chef the opportunity to be creative and to incorporate new ideas into recipes that our customers will enjoy, enhancing their dining experience in their home.



WOW

FACTOR





Exchange

Please feel free to contribute pictures,
recipes, favorite dishes (with pictures), stories, Etc. to

morganl@pinnaclediary.com