

SPRING 2018 Integrative Health Schedule: Meals for Health and Healing with the Heimerdinger Foundation

Location	Activities (may change based on facility needs)	Contact (subject to change based on off days)
	<p>Before Rotation:</p> <ul style="list-style-type: none"> • Review online folder, print off materials • Review website https://www.heimerdingerfoundation.com/mission-2/ • Review Rotation Readiness information <p>What Do You Turn In At The End Of The Rotation <u>to Katharine Ray on Thursday VIA e-mail</u> The projects for each team will vary – depending on what the priorities are at the time for this non-profit.</p> <ul style="list-style-type: none"> • Competency form with designated blanks filled in by intern • Recipe Nutritional Analysis (include copy of recipe from chef, copy of nutrition analysis, listing of nutrients requested) • Teen Training Materials Updated • Teen and Volunteer Video • Menu Pricing Analysis • Client Survey’s Recorded in Excel <p><u>Submit to Dianne K on Monday by 5pm</u> Quiz from Module 1: Introduction to Integrative and Functional Nutrition</p> <p><u>Submit To Dianne K on the Monday after the rotation:</u></p> <ul style="list-style-type: none"> • Sustainable table quiz • Medical cannabis quiz • Food as Medicine menu details • Organic food system model • Lifestyle medicine quiz <p><u>Thursday Afternoon Discussion with Katharine Ray:</u> Katharine Ray will talk with you as a team on the last day of the rotation. She’s interested in knowing “<i>how was the rotation experience.</i>” She’ll review and grade your projects after Thursday. And she will record your grade information on the competency sheets (using an ONLINE copy of the competency). She will e-mail to each of you individually the competency sheets with grading information. If you wish to speak with her via phone regarding grading info, this can be scheduled easily.</p>	<p><u>Meals for Health and Healing:</u> Katharine Ray, Executive Director Calvary United Methodist Church 3701 Hillsboro Pike, Nashville, TN 37215 katharine.ray@hfmeals.org office: 615-730-5632 cell: 615-241-0246</p> <p>Kathie Heimerdinger, Founder mkdinger01@aol.com 615-403-6582</p> <p>Susan Poteet, Kitchen Manager Calvary United Methodist Church 3701 Hillsboro Pike, Nashville, TN 37215 kitchen@hfmeals.org 615-512-0975</p> <p>Laura Rodriguez, Head Chef/Teen Coordinator Calvary United Methodist Church 3701 Hillsboro Pike, Nashville, TN 37215 chef@hfmeals.org 773-272-5931</p> <p>Bijal Mehta, Volunteer Coordinator 615-397-3890 volunteer@hfmeals.org</p> <p>Herban Market 3078 Maddux Way, Suite 300 Franklin, TN 37069</p>

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Monday 8:00-4:30	Tuesday 9:30-6:00	Wednesday 9-5:30	Thursday 8:00-4:00
<p>8:00 Meet Susan Poteet (Kitchen Manager) at Whole Foods in Greens Hills for “organic foods shopping)</p> <p>9:30 – 1:00 Meet Susan Poteet (Kitchen Manager) at Calvary United Methodist Church: the production site of Meals for Health and Healing</p> <p>Join the crew in an “organic kitchen” to prep foods and sanitize the space. Since meals are prepared for cancer patients undergoing treatment, food safety is a priority.</p> <p>1:00:2:00 Lunch</p> <p>2:00-3:00 Orientation to the rotation (and a review of projects/paperwork) with Katharine Ray, Executive Director.</p> <p>3:00-4:30 Project Management</p> <ul style="list-style-type: none"> • Complete Module I & Submit Quiz to Dianne K • Get Organized – Review competencies and create a TO DO list detailing what you need to accomplish during project management time on the following days 	<p>9:30 – 11:00 Project management</p> <p>11:00-12:00 Lunch</p> <p>12:00-6:00 At Calvary Church Join the crew and prepare “organic” meals for clients; directions provided by Susan Poteet (Kitchen Manager) and Chef Laura Rodriguez.</p> <p>Network with other volunteers in the kitchen, especially talk with and mentor teen volunteers.</p> <p>Talk with Susan and Chef Laura about visiting Herban Market.</p>	<p>Project Management</p> <ul style="list-style-type: none"> • Accompany “Volunteer Client Liaison” for an in-person home visit with a new client. Check with the Client Manager (Robin at clients@hfmeals.org) to coordinate this experience • Accompany “Volunteer Delivery Angels” on Wednesday to deliver meals to clients; coordinate with Susan Poteet • Submit quiz from Sustainable Table article to Dianne K • Submit CPE questions on medical cannabis to Dianne K • As an intern team – review the VUMC patient menu – what changes would you make in this menu that would make it a FOOD AS MEDICINE menu – provide written details to Dianne K 	<p>8:00-3:00 Project management</p> <ul style="list-style-type: none"> • Submit Organic Food Systems Thinking Model to Dianne K • Submit CPE questions on Lifestyle Medicine to Dianne K • Review info about the Herban “Organic Food” Market https://herban-market.com/ • Visit t Herban Market – great spot for lunch! Check out the large olive oil and balsamic tasting bar. <i>Which kind of olive oil would you recommend to your clients?</i> <p>3:00 – 4:00 Discussion with Katharine Ray re: rotation experience and submit projects to her via e-mail.</p>
<p>Location: Calvary United Methodist Church 3701 Hillsboro Pike, Nashville, TN 37215 <i>Park on the left side of the church; entrance is on the left side and the kitchen is on the left once you enter!</i></p> <p>*Dress Code – wear jeans (no holes), closed toed/non slip shoes, head covering (i.e. bandana or baseball cap with hair pulled back)</p> <p>*Lunch - Eat with the crew!</p>	<p>*At Calvary Church: dress code is – wear jeans (no holes), closed toed/non slip shoes, head covering (i.e. bandana or baseball cap with hair pulled back)</p> <p>If your project management is a VUMC – wear professional dress like on professional development days</p> <p>*These are 8 hour work days; project management time is to be at Heimerdinger or Vanderbilt</p>	<p>* Dress professionally if you are interacting with clients!</p> <p>If your project management is at VUMC – dress as you would on professional development days</p> <p>*These are 8 hour work days; project management time is to be at Heimerdinger or Vanderbilt</p>	<p>Location: Calvary United Methodist Church 3701 Hillsboro Pike, Nashville, TN 37215</p> <p>If your project management is a VUMC – wear professional dress like on professional development days</p> <p>*These are 8 hour work days; project management time is to be at Heimerdinger or at Vanderbilt</p>