



**Join us for our 7th Annual Food Service Professionals Workshop—Power of Purpose**

**DATE**

Thursday, April 13th

**TIME**

9:00 a.m. to 3:30 p.m.  
(Check-in 8:30 a.m.)

**LOCATION**

South Seattle Community  
College—Brockey Center  
6000 16th Ave SW  
Seattle WA 98106  
[www.Southseattle.edu](http://www.Southseattle.edu)

**CEs**

6.5 DSHS/CBDM Credits

**WHO SHOULD ATTEND**

Food Service Professionals  
Dining Managers &  
Dieticians! *We encourage  
you to bring your TEAM!*

**CANCELLATION POLICY**

Cancellations must be  
received by April 7th to be  
refunded (less a \$25 service  
charge). No refunds are  
possible after that date -  
*replacements welcome.*

**FEES**

LeadingAge/HPSI member \$95.00  
Non-Member \$125.00

**Longevity Foods—Learning from Centenarians Around the World**



Many centenarians have been able to ward off the diseases of their parents or have survived a life-threatening illness such as cancer, heart disease or stroke. Using questions from focus groups of baby boomers, centenarians from all over the world were interviewed on what they ate and their favorite recipes. This session will review research gathered during visits to Sardinia, Italy, Japan and Singapore. Sue will share information about the top 20 foods of centenarians, how they consume these foods as part of their overall diet and will provide a tasting of newly developed recipes including ingredients from targeted longevity foods.

**Nutrition for Wound Prevention and Treatment**

**Presenter: Sue Stillman Linja, RDN, LD, Owner, S&S Nutrition Network, Inc. 9:00– 11:45 a.m.**

This session will describe the role of nutrition in the prevention and management of pressure injuries; and, determine nutritional needs for optimal wound healing!

**Lunch & Product Showcase: Taste new products that can upscale your dining program! More than 25 food companies sharing new products and serving ideas!**

**Leadership: Inspire, Create, Connect Leadership Training and Development for Supervisors and Managers**

**Presenter: Gary Triolo, Director of Food and Nutrition Services**

**CentraState Health, Freehold, New Jersey 1:30 – 3:30 p.m.**



This interactive program will cover **three areas:** Team Building, Quality Foods and Service, and Customer Service

There will be guided discussion sharing our own experiences on operational challenges, strengths, current trends, and best practices. The group will learn from each other and gain more insight with creative ideas and concepts to take back to your own operations.

In partnership with  **HPSI**  
Purchasing Services

**Full registration includes:** Materials, 6.5 DSHS / CBDM Credits, Product Showcase Lunch and Parking

Name/Title: \_\_\_\_\_  
 Addl. attendee(s)/Title(s) \_\_\_\_\_  
 Community: \_\_\_\_\_ Address: \_\_\_\_\_  
 Email for Confirmation: \_\_\_\_\_ Special meal requests: \_\_\_\_\_

**Total fees** \$ \_\_\_\_\_  Please Invoice  Credit Card  Check Enclosed

Card# \_\_\_\_\_ Name on card: \_\_\_\_\_  
 Expiration date: \_\_\_\_\_ CCV# \_\_\_\_\_ Cardholder signature: \_\_\_\_\_

Mail registration form to: LeadingAge Washington \* 1495 Wilmington Drive, Suite 340, DuPont, WA 98327  
 Or Fax to 1(253) 964-8876 \* **Questions?** Call 1(253) 964-8870 \* [www.LeadngAgeWA.org](http://www.LeadngAgeWA.org)