



Hendricks Community Hospital strives to serve Hendricks and our surrounding communities. To inform our area patrons, we will be publishing topics in our area newspapers about the services and specialties we offer at our local level. Various topics will be covered throughout the next several months to ensure our community is provided with the best knowledge in making their healthcare choices. Our goal is that you enjoy reading more about the services we provide and feel more confident in your decision-making.

**Focusing on Nutrition and Wellness with the HCHA Dietary Department**  
**By Kennedy Tesch**

Nutrition is an integral part of health and wellness. Patients that come through HCHA are needing care and assistance in improving their well-being. Nutritional interventions help clients improve their immunity as well as lower their risk for health problems that coincide with needing therapeutic diets.

Dietitians and nutritionists counsel clients on nutrition issues and healthy eating habits. Dietitians and nutritionists are experts in the use of food and nutrition to promote health and manage disease. They plan and conduct food service or nutritional programs to help people lead healthy lives.

The HCHA dietary department offers three nutritious, attractive and palatable meals while maintaining a high standard of sanitation for all residents and patients. The dietary department also offers nourishments throughout the day as well as any supplements that might be needed. The department aims to provide hospitable customer service with quality food that is reasonably priced not only for staff, but clients as well.

The dietary department at HCHA is run by Certified Dietary Managers, Erin Nielsen and Rachell Sprinkel who both hold a Serv Safe certification. The department also employs six cooks and six dietary aides who assist in producing quality service for the residents.

“Our objective is to provide excellent quality of meals and customer service for all patients,” said Erin Nielsen, HCHA Dietary Manager. “We also offer education and counseling in regard to any diet that may be required for not only treatment of specific diseases, but also overall health and well-being.”