



# Memphis Jewish Home and Rehabilitation Center

## MJHRC Dietitian Achieves Board Certification

**Cordova, TN, October 20, 2008** - Karen Cook, Memphis Jewish Home and Rehabilitation Center dietitian has achieved Board Certification as a Specialist in Gerontological Nutrition. There are only 171 people in the entire country and only 3 in the state of Tennessee who have achieved this distinction.

In order to become board certified by the Commission on Dietetic Registration (CDR), the credentialing agency for the American Dietetic Association (ADA), a Registered Dietitian must successfully meet rigorous specialty practice requirements and pass a nationally administered exam. Board Certified Specialists in Gerontological Nutrition design, implement and manage safe and effective nutrition strategies to promote the quality of life and health for older adults.

Mrs. Cook has been the Director of Clinical Nutrition and Wellness at the Home for 4 years. She works closely with the nursing and Dining Services staff to make sure all residents receive the proper foods according to their nutritional needs and preferences. She provides a thorough assessment of each resident, taking special care to identify those residents with poor appetites or medical issues which may make eating and maintaining optimal nutrition difficult. Karen has also run groups for residents, teaching them about foods and basic nutrition, and often introduces residents to foods they have never tried before.

"Karen has always been a tremendous asset to our staff," said Mary Anna Kaplan, administrator of the Home. "Now that Karen is Board Certified as a Specialist in Gerontological Nutrition, she will help us to provide even better care for our residents. We are very proud of her accomplishment."

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