



MIDDLE TENNESSEE CHAPTER NEWSLETTER



FROM THE INCOMING PRESIDENT (JANUARY 1)

Dear ACHEMT Members,

As we step into the final quarter of 2024, I find myself reflecting on the incredible momentum we've built together, spanning from our career advancement programs for all phases of leadership experience to the numerous educational programs and networking opportunities designed to enhance our knowledge and our personal board of advisors. It's been a transformative time for our chapter, and I am grateful to be part of a community filled with such talented and dedicated executives, all committed to advancing healthcare in our community.

In taking up the mantle of Chapter President, I feel deep gratitude for those who have paved the way. The work of so many who have come before me continues to inspire and drive our mission. I am particularly thankful for the steadfast leadership of Jon Puncochar, who guided us through the challenges of the pandemic. Jon's steady hand helped to lay a strong foundation, and thanks to his efforts, we are now expanding and standing up new programs that will continue to support the growing needs of our membership and the broader community.

As we continue this exciting journey, I ask you to join us by sharing your thoughts in our upcoming Annual ACHEMT survey that arrived via email. Your input will help shape our future offerings, ensuring they remain aligned with the evolving needs of our members. More than ever, we encourage you to get involved—whether by volunteering, joining committees, or participating in our many programs. Together, we can continue to build an engaged, innovative, and resilient healthcare leadership community. I look forward to what we will accomplish in the coming months and beyond.

Warm regards,

Gerd Peters
President-Elect
ACHEMT Board



A MESSAGE FROM YOUR ACHE REGENT

My wife Bethany and I had the opportunity to attend a round of the FedEx St. Jude Tournament, which is the first tournament in the PGA Tour's FedEx Cup Playoffs. It's hosted each year at Memphis's TPC Southwind, and not only is it an excellent display of golf at the highest level, but it's also for a great cause. There aren't many things more touching than watching the world's best golfers come off the 18th green and connect with patients and families.

Golf at the professional level makes me think of the intersection of strategy and execution. Each player must strategize each shot, but that's only half the battle. Once each shot has been planned, these golfers must execute in the face of all kinds of distractions. It reminds me of our role as healthcare executives: we've got to clearly define a strategy for the good of the patients we serve, and then be relentless in the execution of these identified strategies.

My hope for each of us as we move through the year is to be able to excel at both: creation of the strategy and plans for the good of the communities we serve, and then execution at the highest level. May we all be committed to these for the good of our communities, and I'll hope to see you in Memphis at next year's championship!

My best,
Tim



UPCOMING EVENTS

NOV14

CHAPTER ORIENTATION

Get involved with your chapter!

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NOV21

ACHE OF MIDDLE TENNESSEE ANNUAL MEETING (IN-PERSON)

A special members-only meeting to hear from your chapter leaders, we hope you will join us!

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DEC11

ANNUAL HOLIDAY VOLUNTEER & APPRECIATION PARTY

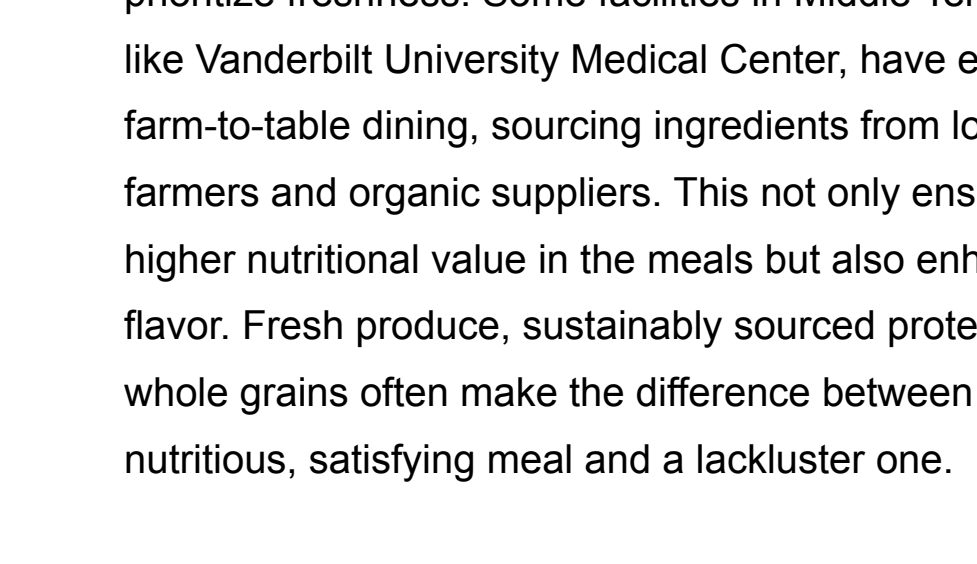
Let's celebrate and reflect on a job well done.

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FALL SYMPOSIUM SPOTLIGHTED COMPLIANCE AND RISK

This year's ACHEMT Fall Symposium offered two back-to-back sessions centered around healthcare compliance, and the risk we face in our everyday roles. In the first session, a broad perspective of healthcare compliance was explored with a focus on best practices, new regulatory practices, resources, and overall compliance culture. The second session features an interesting discussion on healthcare compliance, focusing in on quality, safety, and compliance/risk mitigation.

Many thanks to the Program Development Committee and our featured panel speakers (Andrew McDonald, Elliott Durr and Mark Morrell) for your participation in this successful educational event.



EDITOR'S CORNER

GARY SHAW, LFACH

The Best Hospital Food in Middle Tennessee: A Standard of Excellence

Hospital food has long had a reputation for being bland or unhealthy, but in Middle Tennessee, several healthcare facilities are breaking that mold. Leading hospitals in the region, such as Vanderbilt University Medical Center, Ascension Saint Thomas, and TriStar Centennial, have embraced innovative approaches to hospital cuisine, raising the bar on what patients can expect.

But what exactly makes the food at these facilities stand out compared to others?

Setting Healthcare Cuisine Apart!

- 1. Focus on Fresh, Locally Sourced Ingredients**
The best healthcare food comes from kitchens that prioritize freshness. Some facilities in Middle Tennessee, like Vanderbilt University Medical Center, have embraced farm-to-table dining, sourcing ingredients from local farmers and organic suppliers. This not only ensures a higher nutritional value in the meals but also enhances flavor. Fresh produce, sustainably sourced proteins, and whole grains often make the difference between a nutritious, satisfying meal and a lackluster one.
- 2. Customized, Health-Focused Menus**
Top medical facilities work closely with nutritionists and dietitians to design menus tailored to individual patient needs. Whether a patient requires a low-sodium, heart-healthy diet or a gluten-free, vegan meal plan, customizable options make a huge difference in patient satisfaction. Ascension Saint Thomas, for example, offers a wide range of diet-specific meals that cater to diverse health needs. This is critical because food is not just about taste—it plays a direct role in patient recovery and overall well-being.
- 3. Culinary Innovation and Skilled Chefs**
While organizations with average food service may rely on basic meal preparation, the best facilities invest in culinary talent. Hospitals like TriStar Centennial employ professional chefs trained in creating gourmet meals. These chefs understand not just nutrition but also flavor, presentation, and the psychological benefits of offering patients an appealing plate of food. This culinary expertise creates a restaurant-like experience that can uplift a patient's mood and foster faster recovery.
- 4. Room Service Style Ordering**
An emerging trend in some of the best hospitals is the "room service" style of meal delivery. Patients are able to choose their meals from a menu and have them delivered at the time they wish to eat, providing more control and comfort. This approach is a significant improvement over the traditional method of delivering set meals at specific times, which can be inconvenient for patients.

Challenges Faced by Other Hospitals

Unfortunately, not all hospitals meet the same high standards. Several key factors distinguish average or subpar hospital food from the best offerings:

- **Reliance on Processed Foods:** Hospitals that use prepackaged or frozen meals often sacrifice nutritional value and taste. Processed meals tend to have higher sodium, lower freshness, and are generally less appealing.
- **Limited Menu Choices:** In many hospitals, especially smaller or underfunded facilities, patients have fewer choices, leaving little room for dietary preferences or restrictions.
- **Budgetary Constraints:** Some hospitals simply don't have the budget to invest in culinary expertise or high-quality ingredients, which affects the overall food experience.

What Hospitals Can Do to Improve

Improving hospital food doesn't have to be an insurmountable challenge. Here are key areas where facilities can focus their efforts:

- **Invest in Fresh Ingredients:** Partnering with local farmers and suppliers not only supports the local economy but also brings fresher, healthier meals to patients.
- **Grow Your Own:** Consider partnering with local agricultural associations to explore creating roof top hydroponic gardens that create delicious vegetables for both the facility and community through utilization of otherwise dead roof space.
- **Expand Menu Options:** Offering more customized and flexible menus can go a long way in meeting patient needs. Facilities should consider expanding dietary options for those with specific health concerns or preferences.
- **Prioritize Culinary Training:** Investing in trained chefs who understand the intersection of food and health can dramatically improve patient satisfaction. Simple changes in meal preparation and presentation can make hospital food a highlight of the patient experience.
- **Incorporate Feedback Systems:** Hospitals can raise the bar by actively seeking patient feedback on meal services and continuously refining their offerings.

The best hospital food in Middle Tennessee is characterized by fresh ingredients, variety, expert preparation, and patient-centered service. With a few key adjustments and a little investment, medical facilities could significantly improve the quality of their meals, benefiting patients' health and overall experience.



ANNUAL HOLIDAY VOLUNTEER & APPRECIATION PARTY

Please join us as we celebrate ACHE Middle Tennessee members, volunteers and sponsors who have supported another successful year as one of Nashville's leading professional societies for healthcare executives. Enjoy fellowship and fun with friends and colleagues in person!

Sambuca Nashville
601 12th Avenue, S., Nashville, TN 37203
December 11, 2024
5:30 PM CST - 8:00 PM CST

TICKETS

\$5.00 Member Ticket

\$10.00 Guest Ticket