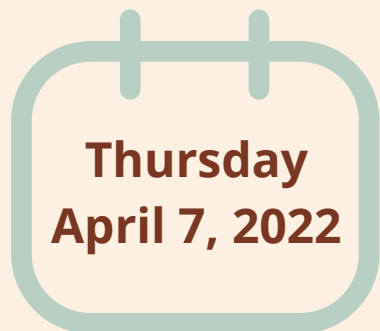




# MAND SPRING CONFERENCE

## THE JOURNEY FORWARD



MAND PRESENTS....

### *Cassandra Whitmore*

#### Nutrition and Mental Health in Long Term Care

Many of us struggled with our mental health during the pandemic, as did our Residents, patients, and clients. However, while mental illnesses and the medications used to treat them can often have an effect on weight and appetite, many dietitians do not feel fully knowledgeable to give great recommendations to cope with these illnesses. We will work to learn more about these illnesses, how they can affect nutrition status, and what we can recommend to help.

#### *About Cassandra...*



Cassie Whitmore has been a practicing RD for more than 10 years. She received her bachelor's degrees in Public Health Nutrition and Dietetics from Kansas State University. After starting her career working in acute care and inpatient eating disorders for Morrison Management in Kansas City, she moved on to management in a critical access hospital. However, most of her career has been spent working in Long Term Care at various facilities throughout the state of Nebraska with notable experience in hospice and mental healthcare. She is currently self-employed as a Consultant Dietitian. She lives in Lincoln, Nebraska with her husband, son, and 2 dogs.