

# Bite by Bite

St. Cloud

March 2023

ORLANDO  
HEALTH®



**2023 St. Cloud Rotary Club Spring Fling Bass Tournament**  
Sponsored By: ORLANDO HEALTH | St. Cloud Hospital | OUC | morrison

Saturday April 1, 2023  
East Lake Tohopekaliga

\$100 per team registration discount 88.9%  
\$100 per team for registration starting 2/1/2023

\$140 Per Team registration day of event

\$20 Big Bass Jackpot!  
• 50% 75% in water and 25% in land

5 Fish Limit

Cash Awards:  
• 1st \$1000  
• 2nd \$500  
• 3rd \$100  
• 4th \$50  
• 5th \$20

**40th Annual Spring Fling**  
Presented By Rotary of St. Cloud  
At St. Cloud Lakefront

**SCHEDULE**

**March 31**  
Dusk (8pm)  
Movie in the Park "Lightyear"  
8-10pm  
Food Trucks  
Popcorn  
bring chairs and blankets

**April 1**  
Sunrise (5:30am)  
Bass Tournament  
Check in 10am-6pm  
Crafters  
Beer and Food Vendor Entertainment 11am-4pm  
Car Show  
Touch a Truck 12pm-3pm  
Wine Tasting  
2pm  
Bass Tournament weigh-in

SAVE THE DATE

## Spring Fling Bass Tournament

On April 1<sup>st</sup>, St. Cloud Hospital will sponsor and participate in the 2023 St. Cloud Rotary Club Spring Fling and Bass Tournament. This is an exciting event to serve and bring the community together, complete with a car/truck/bike show, arts and crafts, and food trucks! St. Cloud COO Marc Lillis is a board member of the Rotary Club. Participating in the Bass Tournament will be Morrison Healthcare's Fred Scherger, Regional Director of Operations; David Topping, Corporate Executive Chef and Greg Neumann, System Director.



## New Cancer Center Physicians Mixer

With the opening of our first comprehensive cancer care facility in St. Cloud, residents now have a fully functional cancer treatment center in the community. To show appreciation to the physicians and this tremendous new resource, we held a mixer complete with hors d'oeuvres including pastrami sliders, French dip sandwiches, cookie brownie parfaits, and mini cheesecakes. Special thanks to Roberto Santiago, Executive Chef; Jonathan Arroyo, OH - Health Central Sous Chef; Fred Scherger, Regional Director of Operations and David Topping, Corporate Executive Chef for supporting and attending.



↑ 88.9%

COURTESY



↑ 60%

QUALITY



↑ 42.6%

SALES

“ The food is absolutely wonderful. Please thank the cooks and the entire team. Didn't expect that type of food from a hospital. ”

# Women's HISTORY MONTH 2023



## Women's History Month

Women's History Month celebrates the achievements and contributions women have made over the course of American history and the vital roles they play. Across the month, Compass Group focuses on storytellers and highlights women team members and leaders who tell stories through food, communication, art and more. Compass featured the 2023 Women in Culinary Showcase, providing a platform for 23 amazing culinarians to be celebrated for their extraordinary talents. Thank you to all the women here in culinary and leadership.



## Celebrating Registered Dietitian Nutritionist Day

Celebrated in March during National Nutrition Month, Registered Dietitian Nutritionist Day brings awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes RDNs for their commitment to helping people enjoy healthy lives. Our VP of Nutrition & Wellness, Peggy O'Neill, commended our dietitians on the "grit and perseverance to making sure the patients we serve each and every day get the best nutrition care possible." Thank you to our RDNs, Gloria Bassit, Brittany Korth, Millie Yeamans and Chelsea Santiago!



## St. Patrick's Day Social Hour

What better way to celebrate St. Patrick's Day and bring some fun to the workday than to find your own Pot of Gold? The Team Member Engagers Committee hosted a social hour for the day and night shifts. Everyone enjoyed cupcakes, brownies, cookies, tea and coffee with rum extract flavoring. Additionally, there were pots of gold hidden throughout the hospital for staff to find and earn a prize. Thank you to the Engagers Committee for your leadership and support.

# Black Bean, Avocado & Mango Salad



FEATURED  
RECIPE

## Ingredients:

Yield: 12 servings

1 6oz black beans, canned, drained

1 2oz mango, fresh, diced

1 0oz avocado, fresh, cubed

2oz red onions, fresh, diced

1/2 cup cilantro, fresh chopped

3/4 tsp kosher salt

1/4 tsp black pepper, ground

1/4 cup lemon juice

4tbsp canola oil



## Instructions

1. Combine ingredients in a large bowl.
2. Mix gently.
3. Serve with tortilla chips, over rice, or as a side dish!

## Nutrition Facts (3/4 Cup)

- 130 kcal
- 3g protein
- 13g carbohydrate
- 8g fat
- 5g dietary fiber



## Meet our Dietitians



Gloria  
Bassit

RDN, LDN,  
CNSC



Millie  
Yeamans

RDN, LDN



Brittany  
Korth

RDN, LDN,  
CNSC



Chelsea  
Santiago

MS, RDN,  
LDN, CDCES