

Aimee Hayes

Registered Dietitian & Certified Aromatherapy Health Professional

Profile

Individualized nutritional counselling services for a variety of nutritional issues such as weight management, diabetes management, cardiovascular health/dyslipidemia, gastrointestinal syndromes/diseases, food allergies, renal disease, infant/child nutrition, sports nutrition.

Extensive experience with rehabilitation and working with individuals who have sustained traumatic injuries. Certified Clinical Aromatherapist. Clinical Director for Dietetic Practice. Excellent verbal and written communication skills. Efficient and dependable self-starter with excellent problem-solving skills, committed to the highest level of professional and personal excellence. Proud supporter of the Brain Injury Society of Toronto and the Ontario Brain Injury Association.

Professional Experience

Clinical Director & Consultant Dietitian, Hayes Dietetic Professional Corporation 2003-Present

- Lead and supervise a 10 member team of Registered Dietitians and administration staff. Develop nutrition programs to be delivered in a rehabilitation setting.
- Individualized nutritional assessment and counselling for health issues such as weight management diabetes, cardiovascular disease/dyslipidemia, gastrointestinal syndromes/diseases, food allergies, renal disease, infant/child nutrition, sports nutrition.
- Fifteen years of experience working in a rehabilitation setting with individuals who have sustained traumatic injuries.
- Nutritional assessment and counselling for individuals with injuries/conditions occurring as a result of motor vehicle accidents.
- Presentations and workshops offered include: Healthy Weights, Infant/Child Nutrition, General Healthy Eating, Managing Your Cholesterol, Fun with Food (for parents), The Media and Children's Food Choices, others as requested.

Consultant Dietitian, Specialty Care

2004-2012

- Nutritional assessment and monitoring of long-term care residents. Nutritional therapy includes dysphagia, dementia/Alzheimer's Disease, renal, gastrointestinal syndromes/disorders, food allergies, cardiovascular/dyslipidemia, diabetes.
- Provide education and support to residents and their families.
- Involve patients in their care: formulate nutrition goals and objectives, develop plan, implement intervention, monitor patient outcomes and modify plan.
- Menu planning and creation based on resident's nutritional needs.
- Thorough working knowledge of Ministry of Health Nutrition & Hydration Standards for long-term care. Commended by Compliance Officer for clinical nutrition skills.

Public Health Dietitian, The Region of Peel

2007-2011

- Provide nutrition counselling to members of the community in a call centre environment.
- Work as a project specialist. Projects include "Eating With The Rainbow" for the Community Food Advisors Program.

Renal Dietitian, Peterborough Regional Health Centre.

2004-2006

- Nutritional counselling, assessment, intervention and monitoring of dialysis patients, renal inpatients and pre-dialysis patients.

Selected Accomplishments

Publications/Writing

- *The Glycemic Index*, The Barrie Community Health Centre
- *Understanding Trans Fats*, Simcoe County District Health Unit
- *The Media and It's Influence on Children's Food Choices*, Simcoe County Health Unit

Research

“Your professionalism and dedication is outstanding, and you have been an invaluable asset”

Canadian Diabetes Association

- Evaluation of the Simcoe County Diabetes Prevention Project funded through the National Diabetes Strategy.
- Researched and developed presentation on the Media and It's Influence on Children's Food Choices.
- Developed survey, collected and analyzed data and wrote proposal to the Canadian Diabetes Association's Publications Committee for a new cookbook publication.
- Development of logic models and evaluation frameworks.

Leadership

“Aimee is a strong leader. She inspires and gains respect from others by acting with integrity.”

Performance Review

- Lead and supervise a team of ten Registered Dietitians and administration staff who provide nutrition programming and services in a rehabilitation setting.
- As Vice President of the Nutrition Student Council, organized a nutrition symposium, general meetings and guest speakers.
- Managed a 75-member production and imaging department. Reduced cycle time by 24.7% and error rate by 50%.
- As Lead Student Ambassador for Sir Sandford Fleming College, supervised and scheduled work for other ambassadors. Assisted in organizing conferences, College Information Days and tours.

Education

Clinical Aromatherapy, Canadian Federation of Aromatherapists	2017
Personal Trainer Certification, Can-Fit-Pro	2006
Dietetic Internship, Barrie & Simcoe County Dietetic Internship Program	2003-2004
Electronics Engineering Technician, Sir Sandford Fleming College	1998-1999
Honours Bachelor of Applied Science (Nutrition), University of Guelph	1993-1997
Ontario Science Centre Student Facilitator Placement	1993

Awards

Bell Canada Award of Excellence	1999
Women in Technology Memorial Award	1999
Top Student in Telephone Systems, Sir Sandford Fleming College	1999
Academic Letter of Achievement, Sir Sandford Fleming College	1999
Scholarship to Applied Human Nutrition Program, University of Guelph	1993

Memberships: Dietitians of Canada (#32700), College of Dietitians of Ontario (#4439), Consultant Dietitians Network, Home Care Network, Canadian Federation of Aromatherapists.