

Saint Louis Dietetic Association Newsletter

Reaching out in all directions

Fall

2009

Letter From the SLDA President



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Hi everyone! It is good to have our seasoned members back and "Welcome!" to our new members this year. We are happy to have you as a part of our association.

I want to start by saying that this is not how I envisioned spending this year with SLDA. I was perfectly content contributing to the organization via the hospitality committee; however, when circumstances changed I could not sit idly by and not have a leader for SLDA this year.

Unbeknownst to me at the time, I truly feel that my experiences as the hospitality committee chair for the past 4 years helped prepare me for what is to come this year as President. With that said, I am looking forward to grooming members to be ready to take on bigger roles in the organization in the future. Never consider your contribution to

the association as insignificant because we all have to start somewhere!

We have an exciting year planned. We have already heard 2 dynamic speakers to kick off the year! Thanks to everyone who came out September 30th and October 12th to hear about leadership and mentorship. What appropriate topics for SLDA! And thanks to our sponsors Nestle and Fresh Gatherings for the great food while we learned. Check out the calendar on page 4 for a glimpse of what to expect.

I am really thrilled to have so many fresh faces on our board this year. In addition to our cutting-edge meeting topics, we are brainstorming some really fun, new ideas for SLDA including increasing volunteer opportunities and social events, the completion of our Speaker's Bu-

reau and Consultant List, increased PR/Media relations, and expansion of email and website communications, to name a few.

Lastly, I want to thank you all for your patience with me as I learn the ropes in my new role. We have many selfless members who are willing to go above and beyond to make SLDA a success and I truly appreciate all you do!

As always, "THANK YOU" for supporting SLDA, its mission, and the dietetics profession. Cheers to a healthy membership year! I am eager to mingle with you all at the meetings.

Ashleigh Herman, RD,
LD

2009-2010

SLDA President

Public Policy

Brandy Adelsberger RD, LD

A few **seconds** of your time to make a **lifetime** difference for your profession!



Please make sure to be on the lookout for emails titled "Action Alert". These are from ADA urging members to contact their legislators regarding a specific topic or bill. It really only takes a few seconds (okay maybe a minute) of your time and the impact can be quite big! By logging onto ADA's website and utilizing Grassroots

Manager, you can quickly send an ADA drafted letter or email to your local legislator. The more responses sent, the greater the impact.

So, you may be thinking, "What's one email? I can't make that big of an impact." Your action really does make a difference.

If you have any questions, please email your State Policy Representative, Brandy Adelsberger at:

brandy.adelsberger@sbcglobal.net



SLDA Rewards Rising Stars in Nutrition Science

Maggie Long RD, LD

On the evening of May 6th a group of 5 SLDA members gathered at Queeny Park to judge the St. Louis Science fair. As a result of the judging 6 awards worth a total of \$300.00 were given to the following elementary and junior high school students on behalf of the St. Louis Dietetic Association.

Julia Epplin-Zaph 9th grade from St. Louis City Metro High School was awarded a 1st place award of \$75.00 for her project entitled "Mental Affects of Advertising." Julia's project researched advertising and its relationship in the human thought process of healthy food selection.

Claire Holohan – 10th grade from Crossroads College Preparatory School was also awarded a 1st place award of \$75.00 for her project entitled "Super Food." In

her project Claire researched the creation of a high energy and nutrient dense food to assist with human global hunger.

Mollee Frankel- 6th grade from Andrews Academy was awarded a 2nd place award of \$50.00 for her project entitled "Vitamin C and Bell Peppers." Molly researched the color varieties of Bell Peppers and compared their Vitamin C content.

Molly Quinn- 7th grade from St. Roch School was also awarded a 2nd place award of \$50.00 for her project entitled "More Fruits and Vegetables Please." Molly researched the nutritional benefits of fruits and vegetables as well as ways to promote intake of healthful foods.

Will Wolfe- 6th grade from The Wilson School was awarded a 3rd place

award of \$25.00 for his project entitled "Post Penicillin." Will researched the antibacterial effect of cranberries, garlic and cloves in his project.

Cindy Wang- 9th grade from Parkway West High School was also awarded a 3rd place award of \$25.00 for her project entitled "Natural Antioxidant Power vs. Synthetic Antioxidants." Cindy researched the antioxidant effect of vitamin rich foods as compared to vitamin supplements.

Award certificates and letters of congratulations were sent to all awardees on behalf of the St. Louis Dietetic Association. Thank you to those members who judged this year's event.

Missouri Delegate Corner

Mary Ellen Beindorff RD, LD



I just returned from the House of Delegates meetings in Denver. The trip to Denver was splendid, the weather was perfect with 70-80's during the day and 50-60's at night unfortunately, there was not as much time for networking as we would like. I was lucky to be able to spend some time with Missouri members and hook up with some old and new friends. I saw fellow SLDA members, Marsha Flowers, Bridget Sheehan, Amy Knoblock-Hahn, and Anne Miller plus my colleagues Margaret Shields, Leni Javier and Gina Jorel. Suze Orman's opening session was great with some of her bottom line advice being have at least an 8 month "cushion" to provide for you and your family in case of catastrophe, use the \$ you've saved for child's college fund to get that cushion or pay off credit card

debt, kids can get loans. Roth IRA's are recommended and you do not need Long Term Care Insurance until you're at least 60 years old.

The two mega-issues discussed at the House meeting were Evidence Based Practice and Health Care Reform. Regarding Evidence Based Practice, we talked about strategies to "get the word out" to members on how to find science-based resources. These strategies will be prioritized by the delegates soon and passed along to members. Health Care Reform was also discussed on a regional basis. Different state affiliates gave their "best practices" examples on how to make grassroots efforts work and how to involve more members. Suggestions included pairing up experienced RD's with newer members to pay visits to their legislators and building relationships with legislator staff to get

our points across. These ideas will be assimilated and provided to delegates and affiliate boards. Health care reform is such a evolving issue that all members need to stay tuned and actively keep track of what is happening on at least a weekly basis. Please, when you get a "Call to Action," follow through immediately via email. Missouri was one of the poorest affiliate states when it came to responding to "Action Alerts" and we need to improve in our response. Please become aware of what is happening with health care reform, as it will affect the future of our profession.

As always, please contact me with any questions or concerns.

Mary Ellen Beindorff

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Membership Meeting Snap Shots

September *The Lazy Leader Transforms America*



With stomachs full of both food and laughter, Cynthia D'Amour, MBA (pictured above, left with Mary Ellen Beindorff) taught us how to get more work done by involving others.

October *Mentorship*



Denise Chachere (pictured left), presents on mentoring after mentors and mentees were able to meet over a delicious *Fresh Gatherings* spread at St. Louis University.



Calendar

2009-2010

- **November 18th**
Membership meeting
Location: Missouri Baptist Medical Center
Topic: Sustainable Food Systems featuring the independent film, *Fresh*, and speaker, Dr. John Ikerd. Sponsored by Sappington Farmer's Market
- **December 8th**
Membership meeting
Location: TBA
Topic: "Helping Children Achieve better Health with Nutrient Rich Foods" Sponsored by the Dairy Council.
- **February**
Membership Meeting with IFT
Location and Date: TBA
Topic: Vitamin D
- **March**
Membership Meeting
Location and Date: TBA
Topic: Celiac disease
- **March 10th**
Registered Dietitian's Day
- **April 17th**
Membership Meeting
Location: TBA
Topic: Y Generation, sponsored by Morrison
- **April 21st-23rd**
MDA Annual Conference
Location: Frontenac Hilton, St. Louis, MO.

TREASURER'S REPORT

Account balances for the period ending September, 30 2009 are as follows:

Checking 18,916.60

CD 6,688.37

Total \$25,604.97

Respectfully Submitted,

Bridget Sheehan, RD, LD

2009-2010 SLDA Treasurer



St. Louis Dietetic Association
American Dietetic Association
eat right. Association

For Newsletter comments, submissions, or inquiries, you may e-mail the editors at SLDAlistens@hotmail.com