

Saint Louis Dietetic Association Newsletter

Reaching out in all directions

Winter 2010



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Share your plans for NNM

This year's theme for National Nutrition Month is "Nutrition from the Ground Up". While some might not yet have plans underway for the March campaign, others may have big events planned. Big or small, we'd love to hear about it! Submit your best NNM ideas or photos for inclusion in the next newsletter to editor Jackie Henderson at SLDAlistens@hotmail.com.



National Nutrition Month® 2010
American Dietetic Association

Events for the Workplace

The ADA has NNM event ideas focused for families, schools, supermarkets, charities and more. These workplace-oriented ideas are also courtesy of ADA's NNM website:

- Organize a "healthy recipe" contest among employees. Have the judges be VIPs from your workplace. Award NNM t-shirts, mugs, or other items as prizes.
- Distribute coupons for discounts on a healthy meal featured in your cafeteria.
- Decorate the cafeteria with NNM materials. Have the cashier ask every 10th customer to tell them the NNM theme. Give those customers a discount on their meal, a NNM pencil, pen or button.
- Create a "take one" box with a nutrition brochure, NNM bookmarks, Nutrition Fact Sheets, or MyPyramid handout.
- Sponsor a canned food drive and deliver the food to a homeless shelter or food depository

Get Out the Vote!!

Two SLDA members are on the ballot for ADA this year. Trisha Fuhrman is running for Speaker of the House of Delegates and Mary Ellen Beindorff is running for the Nominating Committee. The voting starts February 1st and continues through March 3rd. Please consider voting for your local colleagues. Information about the candidates is available at www.eatright.org/elections



St. Louis Dietetic Association

Love SLDA? Join our group on Facebook!
Just search "St. Louis Dietetic Association" on www.facebook.com

Letter from the President



Happy New Year! It's amazing to believe that we are entering not only a new year, but also a new decade. Even more amazing is how quickly the first half of this SLDA year has flown. We kicked off

in September with an outstanding presentation about leadership by the one and only Cynthia D'Amour, which was followed up in October with mentoring sponsored by our educators group. November featured sustainable foods and sparked passion in many of our members while December was really a treat at the Hilton Frontenac with childhood and adolescent nutrition in the spotlight.

I am continually impressed with the commitment from members who turn out for the meetings as well as those willing to help. I am proud to say that all of our meetings offered whole-

some foods thanks to Nestle, Fresh Gatherings, Sappington Farmer's Market, and the Dairy Council. I would also like to acknowledge Mary Ellen Beindorff, the educators group, Elizabeth Cowie and Jackie Henderson, and Bridget Sheehan for taking the leads for our meetings thus far. Their leadership really was the key to our successful meetings!

We have many more fun and educational meetings planned resuming in February with a joint meeting with IFT. Join us at St. Luke's Hospital on February 9th for a Solae sponsored meeting featuring catered appetizers and a presentation looking at package symbols for communicating nutrition information. In March we will be highlighting vitamin D at SLU. April will be sponsored by Morrison with discussion about Generation Y and how to bridge the generational gap in the workplace. You will definitely want to pay special attention for information about our May meet-

ing which will be announced shortly. It promises to be different than any May Dinner Meeting thus far! Of course, watch your inbox for details to all these events.

I am lucky to have such awesome board members, and I'd like to remind everyone as we are approaching nominating season that service is an important component to a successful career. Our accomplishments this year are because of the dedication and volunteerism of board members working together. It not only strengthens one as a professional, but also creates lasting personal friendships. As our membership continues to grow into the near year, I encourage everyone to discover their role in SLDA!

See you at the meetings!

Ashleigh Herman,
President 2009-2010

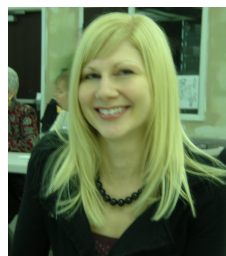
Member on the Spot

Members filled a Missouri Baptist Hospital conference room to learn about the "green" movement and respective sustainable food systems for the November meeting. Dr. John Ikerd, Professor Emeritus of Agricultural Economics at the University of Missouri Columbia's college of Agriculture, Food, and Natural Resources, presented excerpts of the documentary *Fresh*. Following the film, he discussed his vision for the current local food movement now and in the future and opened the forum for a Q & A session.



Judy Kusnierkiewicz, RD, LD, Head Start in Jefferson and Franklin County

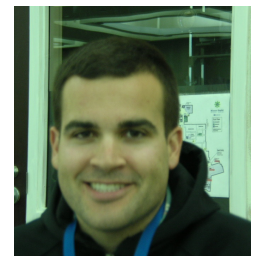
"Reduce, reuse, and recycle."



Dena Barry, senior dietetic student at Fontbonne University
"Saving the environment and preserving it for future generations."



Ann Hake, RD, LD, Barnes-Jewish St. Peters Hospital
"Recycling everything you can....buying local or growing your own produce...having a big garden with organics."



Dan Brewer, SLU culinary dietetic intern, chef
"Doing things that have a negative absolute value on the environment.. " Dan said he rides his bike everywhere & buys local, sustainable foods.

In light of this "going green" movement, four SLDA members in attendance were asked, "What does going green mean to you?"

December Recap

Bridget Sheehan

At our December 8, 2009 meeting, St. Louis District Dairy Council sponsored a reception and education session entitled “Helping Children and Teens Achieve Better Health with Nutrient Rich Foods” at the St. Louis Hilton Frontenac. Over 110 SLDA members and guests from the School Food and Nutrition Director’s Association signed up for this popular topic on child nutrition. Following the networking reception, attendees enjoyed speakers Dr. Robert Murray, a pediatrician and child nutrition expert, and Bridget Jordan, a Chartwells Food Service Director and “Fuel Up To Play 60” Program Advisor. For links to Dairy Council health education and nutrition education resources, please visit:

<http://www.nationaldairycouncil.org/EducationMaterials/HealthProfessionalsEducationKits/Pages/HealthProfessionalsEducationKits.aspx>.



Missouri Delegate Corner

Mary Ellen Beindorff RD, LD



Happy New Year! I hope this new year finds everyone healthy and happy. Everyone can look forward to Spring. This is a good time to

update and review the House of Delegate and House Leadership Team’s goals. Following the last House of Delegates meeting we are continuing to work on issues regarding evidence-based practice. The Evidence-Based Practice Committee is developing a marketing plan to present at our Spring meeting based on the identified barriers and prioritized strategies from our discussion. The House continues to promote member awareness of health disparities and cultural competency. It also supports member awareness in activities related to nutritional genomics and nutrition informatics in all areas of practice. The House is working to support the efforts of the Prevention of Childhood Obesity Coalition which was formed this past fall. Another big push for the House this year is to actively participate in ADA sponsored public policy and advocacy activities emphasizing promotion of member response to issues related to health care reform. The discussion on health reform calls

all members to action by responding to any type of legislative alert issues identified by the Legislative and Public Policy Committee (LLPC) or ADA Government Relations Team. The LLPC was asked to develop a plan, budget, and evaluation tool for legislative training for members. Missouri members are asked to collaborate and build partnerships within and outside the association to effectively position the RD/DTR in all critical legislative and policy issues. How states handle health reform will be a big issue. So keep an eye out for ADA Action Alerts and respond immediately. The House is also supporting the efforts of the Association to promote diversity within the profession and we are looking to evaluate the implementation of the Nutrition Care Process into practice. These goals will continue to be a priority throughout the year.

Have you seen the new ADA website? The newly redesigned site at www.eatright.org provides members with the latest news about community-building opportunities and educational, information and research resources you can use every day. Check it out today!

Don’t forget to vote!! The ADA election opens February 1st through March 3rd. Candidate information is available at www.eatright.org/elections. This year we have two Missouri members running for office. I am excited to run for a position on the Nominating Committee and Trisha Fuhrman is running for Speaker of the House of Delegates. Please consider a vote for your fellow St. Louis members.

I wanted to thank a St. Louis member who was a reviewer for ADA this past year. Her time and expertise is appreciated! Thank you Mille Mattfeldt-Beman from St. Louis University.

Finally, the Spring 2010 House of Delegates Meeting will be conducted in web-based environment and is scheduled for May 1 and 2, 2010. The two topics to be discussed are related to health literacy and management. As always, please contact me with any questions or concerns.

Mary Ellen Beindorff, RD, LD
314-362-1946
mebeindorff@att.net

SLDA Gives Back

SLDA wrapped up 2009 with charitable donations to both Operation Food Search and two St. Louis families. SLDA's outreach committee worked with Feed My People, an organization that pairs donors with a family/person in need over the holidays. Along with donations collected from Whole Foods,



OPERATION
FOOD
SEARCH

Walmart and Trader Joe's, SLDA members contributed clothing, toiletries and \$200 used for gift cards and other necessities.

SLDA members also presented \$596 to Operation Food Search at the November meeting.



Amber Hansen and Tonya Cooksey, dietetic interns at the VA Medical Center, pose with donations they helped organize for SLDA's two adopted families this holiday season.

2010 Calendar

- **March**

Membership Meeting

Location: SLU; Date: TBA

Topic: Vitamin D presented by Dr. Carlos Brenal-Mizrachi

- **March 10th**

Registered Dietitian's Day

- **March 11**

RD & Legislative Day

Location: Jefferson City, MO

Contact for info: Brandy Adelsberger, RD, LD

brandy_adelsberger@sbcglobal.net

- **March 22**

ADA's Public Policy Workshop (online)

- **April 17th**

Membership Meeting

Location: TBA

Topic: Y Generation, presented by Jennifer Reiner, Morrison Division, Director for Nutrition

- **April 21st-23rd**

MDA Annual Conference

Location: Frontenac Hilton, St. Louis, MO.

- **May**

Dinner Meeting-details TBA



SLDA Members Donate to Operation Food Search

- \$596 in 2010
- \$641 in 2009
- \$250 in 2008

Jenn Randazzo, SLDA's Public Relations/Media Chair, presents Sunny Schafer (holding check), Operation Food Search's Executive Director, a check for \$596 at the November SLDA meeting. This is the third year SLDA has given money to OFS during the holidays, an organization that distributes food and household items to 265 food pantries and soup kitchens in the St. Louis area.

TREASURER'S REPORT

Account balances for the period ending January 19, 2010 are as follows:

Checking 18,605.36

CD 6,688.37

Total \$25,293.73

Respectfully Submitted,

Bridget Sheehan, RD, LD

2009-2010 SLDA Treasurer

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