

MISSOURI DIETETIC ASSOCIATION

ANNUAL MEETING



“The Kaleidoscope of Nutrition”

April 21-23, 2010

*Hilton St. Louis Frontenac
1335 S. Lindbergh
St. Louis, Missouri*

AGENDA

WEDNESDAY, APRIL 21, 2010

12:00 noon – 2:00 p.m.

MDA Board Lunch Meeting.....
.....*Pommard Room*

2:00 p.m. – 4:00 p.m.

Early Registration.....*Hotel Main Lobby*

4:00 p.m. – 6:00 p.m.

**Pre-Conference Workshop - Special Event
Planning: Hors d'oeuvres and Wine
Pairing**.....*Ces & Judy's Catering
10405 Clayton Rd. ♦ St. Louis MO 63131
(A short walk from the Frontenac Hilton Hotel)*

Since 1981 Ces & Judy's Catering has been providing "simply the best" in catering for meetings or any special occasion in St. Louis. This workshop provides the opportunity to see what it takes for a premiere caterer to help produce a one of a kind event. Ces Hoffius will present a sampling of hors d'oeuvres and entrées with wine pairings presented by Kris Hoffman of Garco Wines. Ces will give a tour of the catering kitchen to learn how their kitchen is organized to cater from 25 to 500+ people.

(limited to first 50 participants)

*Suggested learning codes:
7210, 7050, 8050, 8060, 8080, 8100, 8120*

Approved for 2 CPE's

THURSDAY, APRIL 22, 2010

7:30 a.m. – 8:00 a.m.

**Registration/Exhibits/Posters/Silent
Auction**...*Banquet Lobby/Ambassadeur 135*

8:00 a.m. – 8:15 a.m.

Welcome.....*Ambassadeur 246*
**Marsha Flowers, MHS, RD, LD,
MDA President**

8:15 a.m. – 9:15 a.m.

Health Care Reform.....*Ambassadeur 246*
**Joan Magruder, President,
Missouri Baptist Medical Center,
St. Louis, MO**

Ms. Magruder will review the key economic, legal, and care coordination implications of reform. These changes will create a new "alignment" paradigm for employees, patients, providers, and hospitals. An organization's ability to embrace change and leverage a

frontline-driven, LEAN enculturation that transforms quality, efficiency, and "customer" satisfaction will be vital to its success.

*Suggested learning codes:
1080, 4000, 7100, 7130*

9:15 a.m. – 10:15 a.m.

**Passport To The World of Dietary Fatty
Acids**.....*Ambassadeur 246*
**KC Hayes, DVM, PhD,
Brandeis University, Waltham, MA**

Remember how simple it used to be? There were essential fatty acids and saturates, polyunsaturates and monounsaturates. Now, there are alpha-linolenic, EPA, DHA, *trans* fatty acids, interesterified fats, and conjugated linoleic acids -- all complicating the message we deliver to the public! Even plain old palmitic and stearic acids are not what they seem. This presentation is designed to clarify your understanding of how fatty acids should be balanced for the best health effects and how to best inform clients about the role dietary fats (fatty acids) play in day-to-day eating.

*Sponsored by the National Cattlemen's
Beef Association and the
Missouri Beef Industry Council*

Suggested learning codes: 2000, 4000, 8000

10:15 a.m. – 10:45 a.m.

Break/Exhibits/Posters/Silent Auction.....
.....*Ambassadeur 135*

10:45 a.m. – 11:45 a.m.

**"Using Lean/Six Sigma to Improve
Dietetic Practice"**.....*Ambassadeur 246*
**Lisa Olenski, Manager, Transformation
Support Center for Clinical Excellence,
BJC Healthcare, St. Louis, MO**

*Suggested learning codes:
1070, 7000, 7050, 7160, 7180, 7200*

11:45 a.m. – 1:15 p.m.

Lunch/Awards/Business Meeting.....
.....*Clayton Room*
**Luncheon Sponsored by the
Missouri Beef Industry Council**

1:15 p.m. – 2:15 p.m.

**"Motivating the Unmotivated: Why Won't
They Do What I Want Them To?"**.....
.....*Ambassadeur 246*
**David Grotto, RD, LDN, President,
Nutrition Housecall, Elmhurst, IL**

Motivation is the driving force that spurs us on to accomplish daily tasks and even greater things. However, what motivates one may not motivate another, especially when it comes to making dietary and lifestyle changes and sustaining those changes. Dave Grotto, RD will discuss the role of the registered dietitian in motivating patients and will give case examples and insight on helping patients to act in their best interest.

Suggested learning codes:
1130, 4100, 6000, 6010, 6020, 7200

2:15 p.m. – 3:15 p.m.

Break/Exhibits/Posters/Silent Auction.....

.....*Ambassadeur 135*

Nutrient-Rich Foods Demonstration: Bank on the Basics with Dairy
A Culinary Demonstration and Snack Break Presented by
Midwest District Dairy Council and St. Louis District Dairy Council

During the break Bridget Sheehan RD, LD and Stephanie Cundith MS, RD, LD, will conduct a nutrient-rich foods/kid-friendly recipe demonstration, while providing messaging around child nutrition, dairy's nutritional value and the importance of nutrient-rich food selection.

3:15 p.m. – 4:15 p.m.

The Devastating Trilogy: Malnutrition, Inflammation & Chronic Disease

.....*Ambassadeur 246*

M. Patricia (Trisha) Fuhrman, MS, RD, LD, FADA, CNSD, National Director of Nutrition for DCRX Infusion, Ballwin, MO

Inflammation is the driving force in the development and deterioration of both chronic disease and malnutrition. The inextricable relationship of malnutrition, inflammation, and chronic disease challenges clinicians to define the patient's nutritional state and to identify the outcomes of nutritional interventions.

Suggested learning codes:
3000, 3060, 5090, 5170, 5440, 5450

4:30 p.m. – 5:30 p.m.

Cocktail Reception/Networking/

Silent Auction.....*Frontenac Room*

Approved for 5.5 CPE's and 1 Hour Exhibits and 1 Hour Posters

7:30 a.m. - 8:15 a.m.

Egglard's Best Omelette Breakfast/ Public Policy Networking

.....*Ambassadeur 135*

Meet Members of the Missouri General Assembly to learn more about public policy.

Sponsored by Egglard's Best

7:30 a.m. – 8:00 a.m.

Registration.....*Banquet Lobby*

8:15 a.m. – 8:30 a.m.

Welcome.....*Ambassadeur 246*

Marsha Flowers, MHS, RD, LD, MDA President

8:30 a.m. – 9:30 a.m.

HIV, Nutrition and Metabolism: Whatever Happened to Thin Disease?.....

.....*Ambassadeur 246*

Dominic Reeds, MD, Medical Director, Clinical Nutrition Support Service at Barnes-Jewish Hospital, St. Louis, MO

Discussing contemporary treatment of HIV infection, causes of death and morbidity, and the unique problems that women with HIV face.

Suggested learning codes: 5090, 5250

9:30 a.m. – 10:30 a.m.

Dietary Management of Infant Food

Intolerance and Allergy...Ambassadeur 246

Lynda M. Brady, MD, St. John's Mercy Medical Center, St. Louis, MO

Differentiate food allergy and intolerance in infancy and recognize the signs and symptoms of feeding and medication options for treatment of allergy/intolerance.

Suggested learning codes: 4150, 5070, 5110, 5220

10:30 a.m. – 10:45 a.m.

Break.....*Ambassadeur 135*

10:45 a.m. – 12:15 p.m.

Curry, Dal and Ghee: Meeting the Needs of the Indian Patient.....

.....*Ambassadeur 135*

Madhu Gadia, MS, RD, CDE, Ames, IA

An Indian cooking demo and presentation. Learn to prepare authentic Indian food and become familiar with Indian culture and dietary practices. Help your Indian patients by understanding their needs and beliefs.

Suggested learning codes: 1040, 3040, 6020, 8015

12:15 p.m. **Adjourn**

Approved for 3.5 CPE's

ABOUT THE SPEAKERS



MARSHA FLOWERS, MHS, RD, LD, MDA PRESIDENT, currently has a dual role of President of Missouri Dietetic Association for 2009 - 2010 and Clinical Nutrition Manager at St. Louis Children's Hospital. Marsha graduated with an Undergraduate Degree in Dietetics from Central Missouri State University (now University of Central Missouri) and completed her internship at Miami Valley Hospital in Dayton, Ohio. When returning to St. Louis has had positions including clinical dietitian, food service director, clinical nutrition manager, and regional director of nutrition. Marsha completed a Master's Degree in Healthcare Services from Washington University. She has remained active in the dietetics profession with several volunteer positions and offices with St. Louis Dietetic Association and Missouri Dietetic Association.



VERONICA McDONNELL, RD, LD, MDA ANNUAL MEETING CHAIR, has been a Registered Dietitian for 18 years, mostly practicing as a renal dietitian. Veronica graduated from Fontbonne College with a BS degree in General Dietetics and completed her internship with the Veterans Administration Medical Center in St. Louis, Missouri. She has held professional board positions with the Missouri Dietetic Association and Eastern Missouri and Metro East Council for Renal Nutrition. She has been an active volunteer in the St. Louis community, chairing many charitable events and holding several board positions in the last several years.

CES & JUDY'S CATERING - Judy Bellos and Cecily Hoffius became business partners in 1981. Judy came from a background that included Food and Beverage Director at the Sheraton Jefferson Hotel, Facility Manager for Canteen Corporation, Commissary Manager of Canteen Corporation and opening Manager for Food Services at the Government Complex at Goodfellow. Cecily Hoffius was Director of Marketing at the Sheraton St. Louis Hotel and prior to that was with Sheraton Hotels for ten years in marketing.



JOAN MAGRUDER - As president of Missouri Baptist Medical Center, Magruder leads a 489-bed, acute-care hospital that ranks as one of the top heart hospitals in the state of Missouri and is an NCI-designated community cancer center. Nationally recognized for its commitment to patient safety and quality, Missouri Baptist received the Quest for Quality Prize from the American Hospital Association and was recognized for quality and safety in the top 2% nationally. Prior to her April 2006 appointment as president of Missouri Baptist, Magruder served as BJC vice president of business development, physician services and alternate care sites for six years. She came to BJC from The Johns Hopkins Hospital in Baltimore, consistently ranked as America's Best Hospital by U.S. News & World Report.

She currently serves on the Board of Directors of the Missouri Hospital Association Management Services Corporation, MHA's for-profit subsidiary. Magruder holds an MBA from The Wharton School of the University of Pennsylvania.



K.C. HAYES, DVM, PHD - Dr. Hayes developed an interest in Nutritional Pathology as a veterinary student at Cornell University. He subsequently received his PhD in that discipline from the Univ. Connecticut before joining the faculty in the nutrition department at the Harvard School of Public Health where he taught and researched in nutrition for 15 years. He joined the biology department at Brandeis University 25 y ago, where he is Prof of BIOL (Nutr) and Director of the Brandeis animal research facility. He continues to research and teach in area of the pathophysiology of nutritional diseases. His main area of research over the years has been on dietary fats and heart disease, including lipoprotein metabolism. He currently teaches courses in **Human Physiology** and **Diet and Health** to undergraduates and has several students working on research projects in his laboratory. Dr Hayes' current research is focused on

designing fats to replace trans fats in foods and on macronutrient determinants of obesity and diabetes in animal models.

Dr. Hayes is the author or co-author of more than 190 published papers, 24 chapters, 187 abstracts, and is co-inventor on 11 patents. Several findings in his lab currently have marketplace applications.



LISA OLENSKI has a degree in Computer Science/Math from the University of Illinois and has spent her career in Performance Improvement. Her technical experience ranges from computer-aided software engineering, relational database design, reporting techniques, optimization of desktop and business applications, to Lean/Six Sigma Black Belt level process improvement techniques. She has worked in many capacities including sales, training, business management, process improvement and leadership roles. As Vice President of Performance Improvement for a computer consulting firm in St. Louis for 16 years, she interfaced with and provided value added solutions to

many different industries and organizations. For the past four years, she has dedicated her efforts to applying Lean, Six Sigma, Change Management, Project Management and Rational Thinking Processes in order to improve healthcare. Within BJC Healthcare's Transformation Support team as part of the Center for Clinical Excellence, Lisa manages a team of Lean Sigma Performance Improvement (PI) Professionals who provide expertise and facilitation leadership to over 13 additional PI teams dedicated at each of our hospitals and service organizations (HSO).



DAVID GROTTTO, RD, LDN, is a registered dietitian who worked in the natural foods industry for over 25 years. He graduated with honors from the University of Illinois at Chicago with a degree in medical dietetics and nutrition and was also bestowed the *Excellence in Practice* award by the American Dietetic Association for his clinical work. He was also appointed to serve as a national media spokesperson for the American Dietetic Association for over six years.

Dave served as the director of nutrition at the Block Center for Integrative Cancer Care for over ten years and now is the founder and president of *Nutrition Housecall*, a nutrition consulting firm that provides nutrition communications, lecturing and consulting services.

Dave also has vast media experience appearing on numerous radio and television programs. He also co-hosted the national television program, *Health & Lifestyles* and hosted his own radio show for over 10 years called *Let's Talk Health, CHICAGO*. His acclaimed book, *101 Foods That Could Save Your Life* is in its tenth printing. Dave's new book, *101 Optimal Life Foods* debuted in January 2010.

Dave lives in the Chicagoland area with his wife Sharon; three daughters Chloe, Katie and Madison; and two-female dogs Abbey and Gracie.



M. PATRICIA (TRISHA) FUHRMAN, MS, RD, LD, FADA, CNSD, began her career in nutrition support as the Liver Transplant Dietitian at Ochsner Transplant Center in New Orleans, progressed to Clinical Director of Nutrition Support at St. Louis University Hospital and continued as an Area Nutrition Manager for Coram Healthcare. She is currently National Director of Nutrition for DCRX Infusion. She has served on the Board of Directors for A.S.P.E.N. and is currently on the American Dietetic Association Board of Directors. She has published in peer-reviewed journals and textbooks and has given a multitude of professional presentations on topics related to nutrition support at local, state, national and international meetings.

DOMINIC REEDS, MD, research activities involve the use of stable isotope tracers to study the regulation of substrate metabolism in humans *in vivo*. He is particularly interested in metabolic abnormalities present in patients with HIV infection, and changes in glucose and lipid metabolism during weight gain or loss.

Dominic Reed's is from South Hampton UK. He did his undergraduate work at University of Texas and Medical school at Texas Tech Medical School. He did his Residency at the University of Rochester and Fellowship and Washington University Medical School.

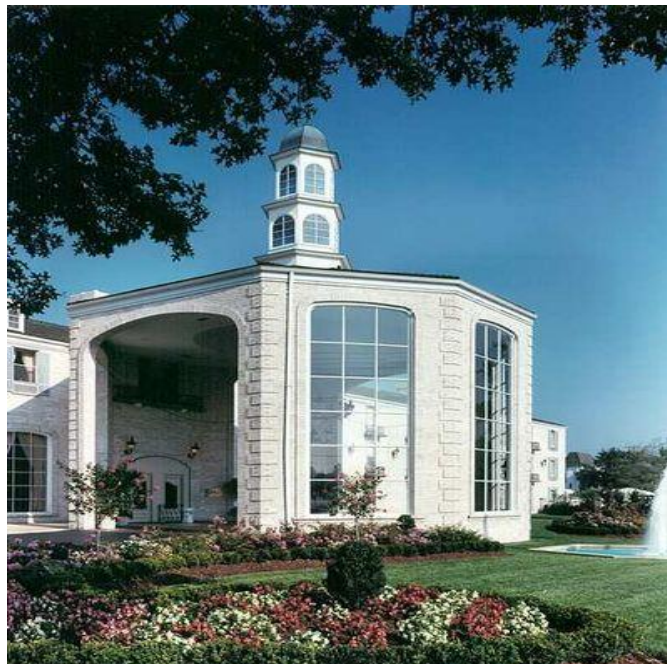
LYNDA M. BRADY, MD, is currently the President of Kid's GI specializing in Pediatric Gastroenterology, Hepatology, and Nutrition at St. John's Mercy Medical Center, St. Louis, Missouri. She graduated medical school from the University of New York at Stony Brook and completed her Residency and Fellowship at The University of Chicago Pritzker School of Medicine. She also held several positions, including the Medical Director of Pediatric Liver Transplantation and Pediatric Hepatology at the University Of Chicago Pritzker School Of Medicine and she was the Assistant Professor of Pediatrics Section of Pediatric gastroenterology at St. Louis University School of Medicine. Dr. Brady has over 40 clinical research publications. She is a member of the American Association of the Study of Liver Disease (AASLD), American gastroenterology Association (AGA), North American Society of Pediatric Gastroenterology and Nutrition (NASPGN), Fellow of the American Academy of Pediatrics (AAP) and is the Medical Advisor to Patients of Kids with Infectious Disease (PKIDS). Her current practice at Kid's GI also includes a Pediatric Nurse Practitioner and a Pediatric Registered Dietitian. She has five children.



MADHU GADIA, MS, RD, CDE, is a nutrition and diabetes consultant, nationally recognized speaker, and a leading authority on Indian cooking. She is the author of **The Indian Vegan Kitchen** and **New Indian Home Cooking**. She also teaches the art and science of Indian cooking around the country.

Madhu has 25-plus years of experience as a nutrition counselor, diabetes educator, writer, and a speaker. She worked as a health editor at Better Homes and Gardens (Meredith Corporation) for titles such as *Diabetic Living*, *Heart Healthy Living* and *Diet* magazines. Madhu received her master's degree in foods and nutrition from University of Illinois, Urbana-Champaign. With her health and cooking experience, she has been able to combine the exotic and alluring tastes of India with the health and practical demands of today's lifestyle. She emphasizes that healthy and tasty foods go hand in hand. Visit her on the Web at www.madhugadia.com.

HOTEL ACCOMODATIONS



HILTON ST. LOUIS FRONTENAC 1335 South Lindbergh St. Louis, MO

Toll Free: 314-993-1100 or 1-800-325-7800

Indicate you are with the
Missouri Dietetic Association

Or on-line at:

www.stlouisfrontenac.hilton.com

Group Code: **MDA**

**Room Rates are
\$106 for single/double**

**MAKE RESERVATIONS BY
MARCH 31, 2010
TO GUARANTEE ROOM RATE**

Located off Highway 40/64 and South Lindbergh Boulevard. 10 miles from downtown St. Louis. 9 miles from Lambert International Airport via complimentary transportation. Near shopping, dining and local cultural attractions.

Make Reservations by March 31st!

THANKS to this year's MDA Annual Meeting Committee!



VERONICA McDONNELL, RD, LD, CHAIR

JOSH DALE, MBA, RD, LD

TERRI POWELL, RD, LD

MARSHA FLOWERS, MHS, RD, LD

MEREDITH FALLERT, RD, LD

MORGEN TERRELL, RD, LD

JODEE LE VIN, RD, LD

MISSOURI DIETETIC ASSOCIATION REGISTRATION FORM

NAME: _____

COMPANY/EMPLOYER NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____ PHONE: _____

E-MAIL: _____ ADA MEMBERSHIP #: _____

ANNUAL MEETING*

	Early Bird	Late Fee (after March 30 th)
ADA MEMBER		
2 Day Conference	<input type="checkbox"/> \$155.00	<input type="checkbox"/> \$185.00
Thursday Only	<input type="checkbox"/> \$125.00	<input type="checkbox"/> \$155.00
Friday Only	<input type="checkbox"/> \$ 70.00	<input type="checkbox"/> \$100.00
NON-ADA MEMBER		
2 Day Conference	<input type="checkbox"/> \$300.00	<input type="checkbox"/> \$330.00
Thursday Only	<input type="checkbox"/> \$240.00	<input type="checkbox"/> \$270.00
Friday Only	<input type="checkbox"/> \$130.00	<input type="checkbox"/> \$160.00
STUDENT/RETIRED/ADA MEMBER		
2 Day Conference	<input type="checkbox"/> \$100.00	<input type="checkbox"/> \$130.00
Thursday Only	<input type="checkbox"/> \$ 85.00	<input type="checkbox"/> \$115.00
Friday Only	<input type="checkbox"/> \$ 50.00	<input type="checkbox"/> \$ 80.00
STUDENT/RETIRED/NON-ADA MEMBER		
2 Day Conference	<input type="checkbox"/> \$150.00	<input type="checkbox"/> \$180.00
Thursday Only	<input type="checkbox"/> \$115.00	<input type="checkbox"/> \$145.00
Friday Only	<input type="checkbox"/> \$ 80.00	<input type="checkbox"/> \$110.00

I would like to attend Board Meeting/Lunch \$ 30.00

I would like to make a donation to MDA PAC _____

I would like to make a donation to ADAF _____

Pre-Conference Workshop (limited to 50) \$ 30.00

I prefer a vegetarian option for lunch YES

Please notify us of any food allergies _____

TOTAL AMOUNT: \$ _____

Register and Pay online at www.eatrightmissouri.org or print this registration form
and mail with check payable to:

MDA ANNUAL MEETING, P.O. Box 1225, Jefferson City, MO 65102

NO REFUNDS AFTER MARCH 31 -
Refund requests prior to March 31 will be charged a \$15 processing fee.

**MISSOURI DIETETIC ASSOCIATION
POLITICAL ACTION COMMITTEE
ADA FOUNDATION
Silent Auction Donation Form**

ITEM: _____

DONATED BY: _____

PHONE: _____

VALUE: \$ _____

MINIMUM BID: \$ _____

THE AUCTION WILL BE HELD IN CONJUNCTION WITH THE MDA ANNUAL MEETING ON THE EVENING OF APRIL 22, 2010, AT THE HILTON ST. LOUIS FRONTENAC, ST. LOUIS, MISSOURI. YOU MAY EITHER BRING THE ITEM(S) WITH YOU TO THE MEETING OR MAIL TO:

**MDA ANNUAL MEETING
P.O. BOX 1225 – 101 E. HIGH STREET
JEFFERSON CITY, MO 65102
Fax: (573) 636-9749**