



Reaching out in all directions

Summer

2010

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St. Louis Dietetic Association

eat right. an affiliate of the American Dietetic Association

Newsletter

Letter from the President

Since we've spoken last, we held several membership meetings this spring. In February, it was our annual joint meeting with the IFT at St. Luke's Hospital where we learned about product labeling. Although we were battling winter weather, we had a nice showing of SLDA members. March brought out a great crowd at SLU to hear Dr. Carlos Mizrahi discuss Vitamin D. Finally, in April we had the pleasure of meeting at Barnes-Queeny Tower for a lecture on Bridging the Generational Gap in the Workplace.

As usual, we had the support of sponsors to be able to provide food for you at the meetings. IFT graciously picked up the bill for St. Luke's catering in February; Fresh Gatherings provided an array of delicious dishes in March; and Morrison's supplied gourmet box lunches for our April meeting. Thanks to all of you for your commitment to SLDA and its members!



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Science Fair

by Maggie Long

Saint Louis Dietetics Association Finds Nutrition Science Stars Amidst Hundreds

The evening of May 5th, 2010 Dale Weir, Katie Knobbe, Elizabeth Cowie and Maggie Long judged elementary and middle school grade science projects for \$300.00 worth of awards on behalf of the St. Louis Dietetic Association. Projects with a nutrition, food safety, medical nutrition prevention focus and food science theme were judged. Six monetary prizes were awarded to the

following students for their work. It is always a pleasure to see the work that young students do in preparing their projects. It is a special bonus to know that many young people have an early interest in the field of nutrition and food science. The SLDA special awards that are given each year help foster interest in our broad career field.

See the list of winners on page

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Greater St. Louis Science Fair-Special Awards



Missouri Delegate Corner

Mary Ellen Beindorff RD, LD



I can't believe this is my last article as Missouri Delegate. My successor, Nikki Raedeke will be taking over the position. Good luck, I know you'll do a great job! The Spring House of Delegates held the second successful virtual meeting May 1 and 2. The topics of "Health and Nutrition Literacy" and "Management and Leadership Across Practice" were discussed. No motions have been crafted yet by the House Leadership Team but we did identify a few top areas of focus and what tools or resources could help improve outcomes. Some thoughts to ponder from the meeting include ways to develop leadership success by building communication and visionary skills, embracing change (including technology) and encouraging mentoring. Think about expanding your external relationships and increase your visibility. Continue to look on the website for updates on motions. At the meeting we learned, and I'm happy to report back to you, that ADA membership is at an all time high! We now have over 70,500 members (as of 3/31/10) and ADA's facebook page now has over 10,000 fans. Thanks to ADA's Washington DC staff that worked hard regardless of any political party, to increase prevention in the Health Care Reform bill. The law includes 11 provisions that ADA worked on with drafters in Congress. At the state level we need to continue to promote access to RD's in state regulatory initiatives and initiate work with state agencies. Communication and participation is key; RD's need a voice in public policy!!

1 First Place

"Health Habits- Where Do We Stand" - Sai Allu- Babler
Elementary School

"Bad Bacteria"- Grace Kalinowski-
Oakville Elementary School

2 Second Place

"Small Gardens Help Feed Hungry People"- Austin Thrasher-
Drummond Elementary School

"The Effect of Egg Substitution on the Taste, Leavening, Moisture and Binding of Pumpkin Bread"-
Suzanne Londeree- Northeast Middle School (Pictured above with awards)

3 Third Place

"Mouth on Fire"- Jacob Stief- St. Louis Charter School

"How Sweet It Is"- Pranjali Rajalakshmi- Mullanphy Botanical Gardens School

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President's Letter Continued from page 1

I cannot sit down and write this, my final SLDA President's Letter, without giving accolades to all my board members and volunteers. It really took a *team* of great leaders to succeed this year and I appreciate all you've done to support me. Thanks EVERYONE for your role this year! SLDA (and I) could never have done it without you! At times I felt completely unorganized and totally out of my element, but thanks to all your knowledge and skills I knew I was in good company. Where I was weak, there was always one of you with your talents and strengths to help me along the way. Thanks a million!

Jackie Henderson (President-Elect): You were my sounding board! Thanks for listening and providing your input and opinions when I needed help. You are going to be a splendid president!

Brandy Adelsberger (Recording Secretary and Legislation): Your organizational skills are unmatched! Thanks for always taking such great notes. Maybe more important for my sanity, thanks so much for our walks so I could vent and for the great feedback you always give!

Bridget Sheehan (Treasurer): You definitely compliment the organization with your superb attention to detail. You are so awesome for collecting all the membership applications from the mailbox and keeping me on my toes with money matters!

Katie Eliot (Corresponding Secretary): I think, second to myself, you probably received the most inquiries from the website so thank you for fielding all those emails! You deserve kudos too for maintaining an up-to-date directory for me all year.

Alice Colletti, Whitney Green, and Meghan Tintle (Hospitality Committee): You gals rock! Thanks so very much for always being prepared with CEU certificates and sign in sheets for all the meetings. I never had to worry about those things being taken care of because you were always ready. I also appreciate your friendly faces as members signed in at meetings!

Kris Jamerson, Beth Lodes, Elizabeth Cowie, and Jamie Daugherty (Nominating Committee): You ladies did a terrific job on the awards and nominations this year! You also contributed valuable knowledge at the board meetings for which I am grateful.

Prajakta Khare (Web Communications): You were a HUGE time saver for me! Thanks for being timely with all our email communications.

Delegate's Corner

Continued



Finally, I want to thank everyone that I've worked with over the years as the Missouri Delegate. We've worked hard and had fun and have made a difference. I have appreciated the enthusiasm and passion of various leaders over time and thank you all for your generous outpouring of support for me. Next year I will be the Chair-Elect for the House of Delegates Mentor/Mentee Committee so I won't be completely out of the picture. Thanks again to everyone for your help and support over the years.

**Mary Ellen Beindorff,
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Presidents Letter (Continued)

Jackie Henderson, Christa Eimers, and Alise Echele (Newsletter Committee): You always create such a great newsletter and are always adding new and exciting features! Thanks for your hard work on putting these together! Stacie Metzger and Lexie Timpson (Outreach Committee): Thanks ladies for planning several happy hours and various “drives”. It was a lot of fun trying some new social outings this year while incorporating good causes! Jenn Randazzo (PR/Media): Your “fresh” ideas for exposing SLDA to the public were fun! And I can’t thank you enough for releasing me from the burden of those totes. Nikki Caito, Amy Knoblock-Hahn, and Heidi Paulson (Speaker’s Bureau Committee): Thank you very much for putting our policy together to pave the way for our Speaker’s Bureau in the very near future! Maggie Long (Career Guidance): Thanks for collecting job announcements for our meetings. I know members appreciate the updates! Amy Knoblock-Hahn (Dinner Meeting planner): We were pioneers in an uncharted territory with the progressive dinner, which unfortunately floundered. I appreciate your adventurous spirit!

“Volunteers don't get paid, not because they're worthless, but because they're priceless.” ~Sherry Anderson

It’s been real, but it’s time to pass the baton. I can’t wait to see what Jackie and the board cook up for us next year!

Ashleigh

St. Louis Shines at the MDA Annual Meeting
 Congratulations St. Louis Award Recipients



Marsha Flowers-
 Outstanding Dietitian of the Year

Brandy Adelsberger-
 Recognized Young Dietitian of the Year



Jackie Henderson-
 Emerging Dietetic Leader



Amber Hansen-
 Outstanding Student of the Year in a Dietetic Internship



Whitney Kline—
 Eugenia Shrader
 Scholarship and Outstanding Student of the Year in a Didactic Program in Dietetics

Dena Barry- Missouri Dietetic Association Scholarship (not pictured)

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Meeting Recap (from right to left) An intimate gathering at Queeny Tower, *Understanding the Multi-generational Workplace*; SLDA Year End Celebration: members network after dropping off food donations at *Trattoria*



Branica in Kirkwood; SLDA obtains a new spokesperson in Brandy Adelsberger's daughter, Mia. (Pictured with Stacie Metzger.) Mia selected three winners for SLDA memberships: Nikki Caito, Sharon Phillips, and Dale Weir. The winner of the SLDA gift basket was Marilyn Tanner Blasiar. Thanks to Stacie Metzger and Lexie Timpson for their efforts in organizing this event!



Saint Louis Dietetic Association



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www.slda.org



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