

Saint Louis Dietetic Association Newsletter

Winter

Reaching out in all directions

2009

Letter From the SLDA President



Members,

I just wanted to take a moment to reflect on the first half of our year and thank you for your membership, meeting attendance and participation in extra-curricular events. We've had an outstanding year with membership topping 270 - and more applications are still coming in! I hope this is a reflection of the benefits members receive. This includes the more obvious benefits that you are familiar with like CEUs, job opportunities and a membership directory. It also includes the seemingly lesser benefits like the smiling faces of Ashleigh Herman and the rest of the hospitality crew when you check off your name on the attendance sheets and the knowledge that your input counts, when you complete surveys and email me saying how

excited you were about a certain speaker or topic. This input will continue to help SLDA meet your needs in the future.

Speaking of excitement about speakers, I think we have had wonderful and diverse speakers thus far. To briefly review, we began with mentorship and although the guest speaker was not there, it was an outstanding chance to meet, greet, and eat! We were surrounded by the powerhouses of nutrition and dietetics in St. Louis as well as the next graduating classes of interns. We ended 2008 with Dr. Vetta Sanders Thompson speaking about mental health, the stigmas associated with it and how we as dietitians can increase our awareness of the multitude of mental illnesses our patients, family, friends and peers may have and how it could impact your ability to help them.

In between we had our very own board members (Amy Knoblock-Hahn, Ashleigh Herman and Niki Buchek) present and field numerous questions about the ADIME process and Laurie Klipfel gave a personal and professional lecture on Diabetes.

We hope that the 2009 lecture series will be as engaging, as exciting and even better attended than 2008 - hard to top but I think we can do it. We'll start with our first 2009 meeting on February 17th. Please join us in the Geneva and Zurich conference rooms at the Sheraton Westport Plaza that evening. You know from my recent e-blast what to do so get your RSVP in now and see you there!

Nikki Caito

SLDA President 2008-2009

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Missouri Delegate Report

Submitted by Mary Ellen Beindorff RD, LD



I hope this message finds you well and ready for 2009. As we look forward to spring, there is much to do. Start planning now for Registered Dietitian Day and National Nutrition Month Activities. Eat Right is the 2009 theme which supports and promotes ADA's new Organizational Identity. Showcase your expertise within our community or workplace. Learn more and order promotional items at <http://www.eatright.org/nnm>

Other good news, ADA's Evidence Analysis Library continues to add information and recently had its five millionth visitor. ADA's membership total continues to grow as professionals realize the value of joining. I encourage everyone to check out the resources on the Nutrition Care Process, Emergency Preparedness and Sustainable Food Systems just to name a few, right on ADA's website. As always you can submit any issue or concern, just click on the Got An Issue box on the home page. Also set aside the date for the annual MDA meeting which will be at the Landing in Branson this year on April 23-24th. Please contact me with any suggestions or concerns.

<mailto:Mxb8904@bjc.org>
314-362-1946

ADA's Public Policy Workshop:

Champion Nutrition

February 8-10, 2009

Online in 2009!!

Get ready to attend ADA's Public Policy Workshop on February 8-9, 2009 for free! The traditional meeting where members meet in Washington DC is being replaced by an electronic format that will engage thousands of members across the nation. What a great opportunity to hear about national food, nutrition and health issues and receive grassroots training. See further details in this newsletter about "attending" with other SLDA members. Sign up today at <http://www.eatright.org/ppw>



More on: Public Policy Workshop 2009



New Format Creates New Opportunity for All American Dietetic Association Members

Submitted by:
Brandy Adelsberger, MDA and SLDA State Policy Representative

This is an exciting time for ADA members! For the first time, the Public Policy Workshop will be offered electronically for FREE to all interested members. The workshop will utilize formats that let members hear about current issues and engage in online discussion with speakers.

MDA will be hosting a PPW plenary party in Columbia, MO February 8-9th, 2009. For those who cannot attend the MDA hosted party, the webinar will be set-up so that participants can view sessions on-line individually or with other members in their district. Feel free to hold a smaller party in your district. Anyone interested in taking part in the workshop will be required to register on ADA 's website. This workshop is the perfect opportunity to gather key information and skills to help you advocate on behalf of the profession. Currently, there are other professions working to include Medical Nutrition Therapy under their scope of practice- Just one of the many reasons why your involvement in legislation is vital to the future of the profession. It is important for legislators to know that Registered Dietitians are the nutrition experts.

Legislative Day: March 11th 2009

This year's Legislative Day will be held in Jefferson City on RD Day March 11th, 2009! Be looking for more information on this exciting event. We are searching for 2 representatives from each district to join us in Jefferson City. It will be a great networking experience. Both professionals and students are welcome.

For more information on the Public Policy Workshop, visit:
http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/10882_ENU_HTML.htm

Brandy Adelsberger, RD, LD brandy.adelsberger@sbcglobal.net

CALANDAR OF EVENTS

February

National Heart Month

- 6- National Wear Red Day
- 17- SLDA Member Meeting
Westport Sheraton
- 22-28 National Eating Disorders
Awareness Week

March

National Nutrition Month

- 2-6 National School Breakfast Week
- 11- RD Day
Legislative Day
- 12- SLDA Member Meeting
at SLU
- 22- American Diabetes Alert Day

April

Cancer Control Month

- 2- SLDA Member Meeting
at Missouri Baptist
- 6-12 National Public Health Week
- 7- World Health Day
- 22- Earth Day
- 23-24 Annual MDA Meeting at The
Landing in Branson



Member Meeting February 17th

Topic:

Comparison of Adult vs. Child obesity, how these groups are targeted with regards to foods, health, and wellness

Key Note Speaker: Lynn Dornblaser,
Director, CPG Trend Insight, Mintel International

Location: Sheraton Westport Lakeside
Chalet ● 191 Westport PLZ ● St. Louis, MO 63146
● (314) 878-1500

Time: 6pm for appetizers, cash bar and mingling with SLDA and IFT members. Business meetings, a word from our sponsor will begin at 6:30 with our keynote speaker immediately following. Please come early to enjoy the company!

Cost: \$5.00

RSVP: Please RSVP to Ashleigh Herman at ashleighmeagan@yahoo.com by **Wednesday, February the 11th** (If you did RSVP and need to cancel, please let Ashleigh know that as well so we can get as accurate of a count for food and handouts as we can.)

SLDA: Reaching Out, Giving More



SLDA President, Nikki Caito, presents a donation to Operation Food Search's executive director, Sunny Schafer at the December member meeting. This year SLDA gave \$641.00. SLDA more than doubled last year's contribution of \$250.00! Thank you SLDA!

Adopt a Family

Hi Everyone-

I just wanted to thank you all for your contributions to the two families we adopted this holiday season. We were able to provide each family with 3 food baskets, a basket full of toiletries, and presents for each family member! Here's a picture of what the final gifts looked like.

*Ashley Skelton,
VA Dietetic Intern
SLDA Hospitality*





Mark Your Calendars...

Registered Dietitian Day

Wednesday,
March 11, 2009

SLDA wants to know what your facility is doing to celebrate Registered Dietitian Day! Email your event ideas or pictures from your event to:

SLDAlistens@hotmail.com

There are loads of ideas to get us started on the ADA website both for RD Day and National Nutrition Month.

This year's catalogue of items for National Nutrition Month includes fashionable ways to support our profession at reasonable prices.



ADA's website has it all. Check it out at:

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/NNM_2007_landing_14219_ENU_HTML.htm

TREASURER'S REPORT

Account balances for the period ending
January 31, 2009 are as follows:

Checking	\$ 15,112.31
CD	6,567.21
Total	\$21,679.52

Respectfully Submitted,
Dina Chapman, MS, RD, LD, CDE
2007-2009 SLDA Treasurer

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