

OCDDA Spring Meetings

The topic for our March meeting, *Financial Planning 101 – Financial Health for Dietitians*, piqued the interest of several members. The speaker, Dr. Stephen Glore, shared valuable financial planning tips with the group. Two keys he spoke of were (1) Save and (2) Invest. He emphasized the power of interest and making your money work for you. Dr. Glore gave us further insight into investing and discussed stocks, mutual funds, 401k plans, IRA’s, and retirement planning as well as investment styles. He even gave us a “SOAP” Strategy for our investment planning: Subjective – Personal Goals; Objective – Net Worth, Current Savings; Assessment – How much more do I need to save; and Plan – What to do to reach my goals. We appreciate Dr. Glore taking the time to share his wealth of knowledge with us. It was a very informative meeting.

Our final meeting of the year was sponsored by Nestle. The topic was *Fiber and Gut Health – A Focus on Prebiotics*. The speaker for this teleseminar presentation was Jose M. Saavedra, MD. He discussed probiotics vs. prebiotics and the beneficial effects of both. He said the “low residue” diet for most GI disease, is a thing of the past. He encouraged the use of fiber, especially soluble prebiotic fibers, in the inflamed or compromised gut.



Shelly (pictured above on the left) hosts the Q&A session for the Nestle Presentation.

Option Care (pictured above on the right) also had an information table set up at the meeting. The representatives spoke with us about their company and some of the options available for patients on home enteral nutrition support. They demonstrated the use of the EnteraLite Infinity Pump, the smallest feeding pump now available. They also shared stories of how it is changing the lives of many of their patients by allowing them more flexibility in their activities.

OCDDA would like to thank all of the speakers for helping to make this year fun and exciting!

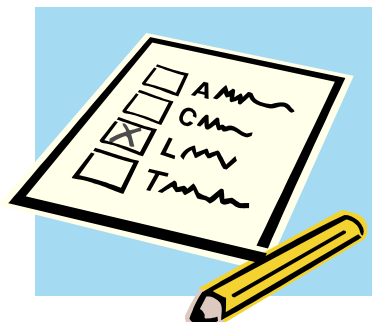
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President's Message

Hello OCDDA members! We had our last CEU meeting on April 25th, and it was a great end to a wonderful year. I would like to thank all of the OCDDA Board Members for their hard work and dedication to make this year educational, creative and fun.

I would also like to congratulate our newly elected OCDDA officers for 2006-2007! You all elected a great group of leaders for 2006-2007. If anyone is interested in a Committee Chair position, please contact Keri Hale right away. Being an OCDDA Committee Chair is a great way to get involved with your local dietetic community. It is very rewarding to serve in this capacity and a great

OCDDA Election Results



Congratulations to the newly elected OCDDA Officers!

President-Elect

Amanda Jones

Secretary-Elect

Tahirah Watley

Treasurer-Elect

Michael Stancliff

Nominating Chair-Elect

Cheryl Shults (Chair-Elect)

Donna Jung (Committee Member)



Attention all OCDDA members! Are you interested in holding a Committee Chair Position? There are many important and fun opportunities that OCDDA is seeking that need to be filled by you! Please call Keri Hale (912-3471) or email (khale@mooremdicalcenter.com) for more details!

Campus Corner

OUHSC – The spring semester is almost over, but there is still more room for activity at OUHSC. Our Student Dietetic Association celebrated National Nutrition Month by hosting an informational booth at the student union on March 21 and 22. The response was very positive.

The 6 dietetic interns have completed their management rotations and are now in their community rotations. They did a nutrition education event for Millwood Schools on March 30th. There were 90 kindergarteners scheduled to attend. They had 3 activity stations: a puppet show, physical activity, and a food tasting booth. An article about this event was featured in the Oklahoman on April 2nd. All of the dietetic interns will be graduating in July.

The 17 senior CP students are currently rotating in their capstone clinical rotation. They started the rotation on March 20th. A total of 16 CP students will be graduating in May, and one will be graduating in August. Several of the CP students will be going on in the program to get their M.S. degrees. On March 10, the senior CP students took their final competency exam and all passed with flying colors.

There is also a number of MA and MS students graduating this spring and summer. A total of 7 MS students will be graduating in the spring, one MS in the summer, and one MA in the summer. All five of the M.S. students that applied for the OU dietetic internship were accepted and will begin the internship on May 25. A graduation party was held for all the graduates at Dr. Knehans house on April 28. It was a Mexican fiesta theme since Ted's Escondido catered the event.

Three OUHSC students placed first, second, and third in the Laura Savage Creativity in Education poster contest sponsored by WIC. Sarah Fisher, Erin Meimerstorf, and Robyn Nickles all attended the awards ceremony at the WIC State Convention on February 10 where they were given gift certificates to the ADA bookstore. Happy Spring!

Sarah Fisher, M.S. Student at OUHSC



UCO – The semester is quickly coming to a close. On May 5th, 2006 UCO has eight graduating interns. Congratulations to Allison Arrington, Katie Bischof, Candace Borum, Stacy Cook, Amy (Kate) Herrold, Shannon Linder, Sara Ludwig and Kelli Wilson! All eight of these ladies have completed their internships and are graduating with a Master of Science degree in Nutrition and Food Management.

Several of our interns already have jobs lined out. Allison Arrington is moving to Tulsa and currently interviewing for a position there. Katie Bischof is moving to Dallas, TX and plans to seek a position as a clinical dietitian. Candace Borum is moving to Fort Smith, AR and will be getting married in Las Vegas this June. She hopes to work as a clinical dietitian or teach at a small college there. Stacy Cook has accepted a position as a consulting dietitian with Sandy Keith and Associates and will be located in Norman. Amy Herrold will be in the Oklahoma City area and will be seeking employment soon. Shannon Linder will be returning to Joplin, MO where she will work as a WIC dietitian. Sara Ludwig will also be in the Oklahoma City area and will be working at the HOPE Center as a WIC dietitian. Finally, Kelli Wilson will be moving to Tulsa where she has accepted a position working for the Indian Health Care Resource Center for the Tulsa Indian Youth Program. Kelli also plans to return to school in the fall to obtain her Master of Public Health degree.

It is an exciting time for all of us. As the graduating interns begin their careers, the remaining interns are returning for their last semester and the new interns are beginning their journey. Our internship director, Karen Meyers, has been absolutely wonderful. We could not have asked for more from her. We would like to express our thanks to Karen, as well as our numerous preceptors, for taking us under your wings and sharing the vast amount of knowledge and information you have shared with us.

Stacy Cook, UCO Intern

National Nutrition Month Celebrated Throughout the Metro

By Amanda Lee Tucker, BS/Dietetic Intern

The Oklahoma City District Dietetic Association challenged people in the metro area to “*Step Up to the Plate*” and make healthful food and physical activity choices during National Nutrition Month (NNM) this March.

College students from Oklahoma State University and the University of Oklahoma hosted nutrition promotion booths. The University of Oklahoma Student Dietetic Association hosted a booth at the OU Health Sciences Center Student Union, and several Oklahoma State University Interns hosted a booth at Shepherd Mall in conjunction with the WIC Program.



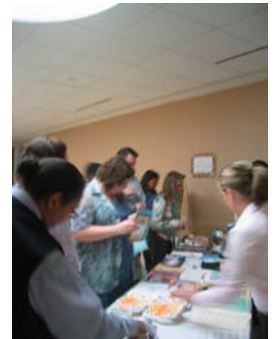
OSU dietetic interns talk about nutrition with mall employees and visitors at NNM Booth in Shepherd Mall.

Other NNM celebrations in the metro area included informational booths, displays, and Q & A sessions at local libraries. The *Schools for Healthy Lifestyles Program* promoted nutrition throughout 27 schools in the Oklahoma City area. The Maternal and Child Health Services and Oklahoma’s Physical Activity and Nutrition program hosted a booth at the Oklahoma State Department of Health.

Nutrition displays were spread throughout the metro area, including OU Medical Center at Children’s, Presbyterian, and Everett Towers, as well as several local libraries. Choctaw and Bell Isle Libraries hosted nutrition Q & A sessions for parents of young children. Recommended

nutrition reading lists were provided at Midwest City, Bell Isle, Downtown, and Choctaw Libraries.

National Nutrition Month was a success. To build on this year’s success, let us know how you promoted NNM. We want to share some of your ideas with OCDDA members so we can get a head start on planning for NNM next year. E-mail your comments to nnm2007@hotmail.com.



OU Medical Center Food Service Employees and Dietitians share nutrition information with hospital employees and visitors at their weekly NNM booths.

National Nutrition Month at UCO

Dawn L.E. Riden

First off, we had a lot of fun this year! We had set-up a table in the Wellness Center during the third week of March during which we passed out free apples, oranges, and brochures to those who wanted them. If they answered a nutritional trivia question, they received a FUZE drink for free, and if they filled out a nutritional survey, they received a SDA highlighter and were entered into a drawing for free SDA t-shirts. Our t-shirts this year were outstanding. One of our students used the nearly 150 surveys for a project in his Advanced Nutrition class with Dr. Holmes.



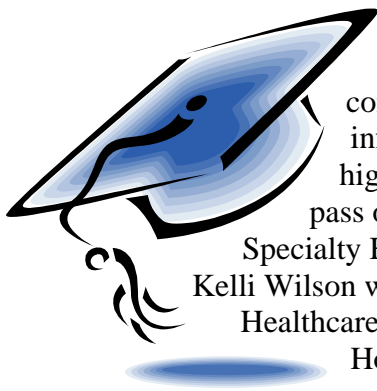
Also, during those last two weeks of March, we had set-up a table outside the HES building to do the same promotion. On the first day, however, it was so cold outside that we took the shopping basket that Albertson’s had donated to us and walked around campus handing out fruit to everyone. Below is a picture of Joanna Waldrup with our basket.

All in all, we had a lot of fun. About 20 SDA members volunteered their time to help man the booths, we gave away 300 apples and oranges, collected around 150 surveys, and gave 15 shirts to those who won the drawing.



FYI...**Employment Opportunity:**

Moore Medical Center is seeking a part time RD/LD or eligible RD to cover a 6-8 week maternity leave. 10 hours per week with flexibility on days and times. Position opens in July and will be clinical duties only. Please call Keri Hale (912-3471) or email (khale@mooremcdicalcenter.com) for more details!

Congratulations Graduates!

OCDDA would like to acknowledge our graduating seniors from UCO and OU. We welcome you into our dietetic community and look forward to the contributions you will provide in our field. I apologize that I was not able to gather information from all regarding their new endeavors upon graduation, but would like to highlight a few from UCO. Amy Herrold is currently seeking employment, so please pass on any leads to her. Alison Arrington has taken a position with Meadow Brook Specialty Hospital in Tulsa, OK.; Stacy Cook will be consulting with Keith and Associates; Kelli Wilson will be working with the American Indian Youth and after school programs at Indian Healthcare Resource Center of Tulsa; and Sara Ludwig will be employed by both Alleve Hospice in Oklahoma City and the Hope Center WIC Clinic.

Best wishes to these and all of our 2006 graduates at UCO and OU!

Carrie Melrose
Student Relations Chair

Awards and Achievements

Congratulations to OCDDA members, Jani Van Grevenhof, Misti Leyva, and Holly Mistler, who were all award recipients at the ODA Spring Convention Luncheon. Jani was recognized as the ODA Emerging Dietetic Leader. Misti was awarded the OCDDA Dietitian of the Year Award. Holly received the ODA Recognized Young Dietitian of the Year Award. What accomplishments these outstanding ladies have made!

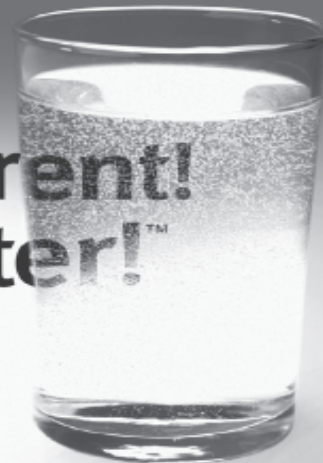


(Pictured left) Misti accepting her Award at the ODA Luncheon.

Also, Congratulations to Nikki Watson and Ann Santelmann, both students at the University of Central Oklahoma. Each was presented with a \$500 OCDDA Scholarship.



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OCDDA would like to thank all of this year's sponsors. Special thanks to Banister and Associates for their donation in support of OCDDA.

Corporate Sponsorship

OCDDA Sponsorship has many benefits including: sponsorship of OCDDA newsletters, advertisements in the membership directory, and sponsorship of OCDDA meetings. Serving as a corporate sponsor is a great way to maximize business opportunity through exposure to a wide range of dietitians, diet technicians, and food service managers. If you have ideas of companies that could be contacted for sponsorship or would like more information regarding sponsorship benefits, please contact Julie McLaughlin, Corporate Sponsorship Chair at julie.mclaughlin@hotmail.com

Please keep fellow OCDDA members posted on your professional and personal endeavors. Tell us about your new certification, new job or business, new name, new baby, etc. The *OCDDA Update* can spread the joy of your successes and changes to become a stronger association.

Contact Tahirah Watley (405) 812-7354 or Tahirah3@yahoo.com

OCDDA Update

Tahirah Watley, Editor

The Oklahoma City District Dietetic Association publishes *OCDDA Update* periodically throughout the fiscal year. Comments and editorial opinions do not necessarily represent the views of all OCDDA members.

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DATES TO REMEMBER

June 29th - OCDDA Board Meeting/Officer Installation