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Winter

OCDDA update

OFFICIAL NEWSLETTER OF THE
OKLAHOMA CITY DISTRICT DIETETIC ASSOCIATION

President's Message

Happy New Year, Oklahoma City area dietitians! I hope each of you enjoyed time with your family and friends over the holidays and have rested up for the busiest time of year in our profession. Between our patients' new year's resolutions, local OCDDA events, National Nutrition Month® and ODA's Spring Convention, this time of year can be quite hectic!

I hope you all have marked your calendar for our next meeting on January 25th at the OUHSC College of Allied Health. This meeting will feature a round table dialysis discussion. I am thrilled to announce that we will also be hosting a special social combined with 1 CPE at the end of February featuring the benefits of dark chocolate. The OCDDA board has worked extensively on bringing new, exciting topics to area dietitians and we hope to see you there.

Finally, I am excited to announce our website is up and running! We are still in the process of design but we are pleased to be heading in the right direction. Please visit www.ocdda.org today! Cheers to a happy and healthy 2011!



- Caroline Mathis, RD



Your 2010-2011 OCDDA membership directory will be ready soon! When you receive your directory, please check your information to make sure it is correct. If it is *incorrect*, please contact Sara Perdue via email at Sara.Perdue@va.gov. Thank you!

Have something you want to say to the members of OCDDA? Has a fellow OCDDA member made a positive impact on the health of the Oklahoma City Metro area in a way that deserves special attention and recognition? Want to give a shout out to one of our members for the work they have done to advance our profession?

Part of OCDDA's mission is for our local community of nutrition professionals to stay united and cohesive. One way to do that is by sharing our news with each other. If you have something you would like to share in the *OCDDA Update*, please submit your information to Sara Perdue at Sara.Perdue@va.gov.



OCDDA UPDATE



2010-2011 Executive Board

<u>President</u> Caroline Mathis, RD, LD	<u>Communications Chair</u> Kate Collins, MA, RD, LD
<u>President-Elect & Program Chair</u> Melissa Church, MS, RD, LD	<u>Nominating Chair</u> Amanda Bower
<u>Secretary</u> Lisa Reily, RD, LD	<u>Nominating Chair Elect</u> Peggy Turner, MS, RD, LD Jessica Shaw, MS, RD, LD
<u>Secretary-Elect</u> Hollie Kirby, MS, RD, LD	<u>Bylaws Chair</u> Amanda Jones, RD, LD
<u>Treasurer/Finance Chair</u> Leah Hoffman, MS, RD, LD	<u>Publications Chair</u> Sara Perdue, MS, RD, CSG, LD
<u>Treasurer-Elect</u> Melissa Heuer, MA, RD, LD	<u>Student Relations Chair</u> Catherine Palmer, MS, RD, LD
<u>Membership Chair</u> Candace Marcum	<u>Historian</u> Lisha Smathers, RD, LD, CNSC
<u>Corporate Sponsorship Chair</u> Lara Veazey, MA, RD, LD, NSCA-CPT	

OCDDA Distinguished Dietitian of the Year Award

~Criteria for Nominations~

Do you know of a dietitian who ...

- Has actively participated in district, state, and/or national associations,
- Demonstrated concern for the promotion of optimum health and nutritional status of the population, public, or community,
- Demonstrated leadership above and beyond job requirements; for example, in legislation, research, education, clinical dietetics, food service management, public relations, career guidance, entrepreneurship, etc.,
- Mentored other dietitians and dietetic students in the field of nutrition,
- Is a current OCDDA member,
- Who has not previously received this award from OCDDA?

If you know of a dietitian who meets one or more of the above qualifications, please nominate him or her for the OCDDA 2010-2011 Distinguished Dietitian of the Year Award. Nomination forms must be received by **February 4, 2011**. Recognition and presentation of the OCDDA Distinguished Dietitian of the Year Award will be given at the ODA 2011 Spring Convention.

See page 3 of this edition of the *OCDDA Update* for the nomination form!

**Oklahoma City District Dietetic Association
Distinguished Dietitian of the Year Nomination Form
(Deadline – February 4, 2011)**

Submitted by: _____

Please complete this form to the best of your knowledge. You may wish to provide additional information in the form of a letter and/or signatures.

Name of nominee: _____
Number of years as a Registered Dietitian: _____
Home address: _____
Day Telephone: _____

EDUCATION

Highest Degree Completed: _____
Date: _____ Institution: _____
Current Education in Progress: _____

WORK EXPERIENCE: *Most recent first*

Dates	Title of Position	Organization
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

DEMONSTRATED LEADERSHIP:

List all associations- dietetic and others- that the nominee has been an active member of, any offices held and the year(s) of membership. These may be National, State, or District Associations as well as volunteer work.

**E-Mail to: Lisha Smathers @ lchandlerdld@yahoo.com or
Mail to: 9353 SW 21st ST.
OKC, OK 73128**

OCDDA UPDATE



OCDDA Meeting Summary

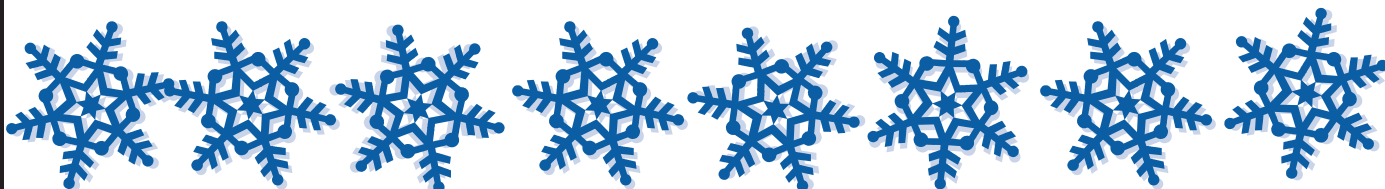
Happy New Year! On November 30, 2010, OCDDA members met at OU's Health Sciences Center for our second meeting, which was a great success. We had three presentations from OU graduate students and delicious appetizers sponsored by DairyMax! We have also continued to donate food to the Regional Food Bank at each meeting and this month we donated 21 pounds of food!

Ashley Frampton spoke about the relationship between gestational weight gain and infant fat mass. Concluding her presentation she explained that it is important for RDs to assist with weight loss interventions when working with women to meet gestational weight gain because it is difficult for women to do it on their own. Marge Fraser discussed the changes in body mass index and academic performance in low income elementary school children. She talked about a study focused on the Healthier Options for Public Schoolchildren (HOPS) design, which includes nutritious and whole foods, a healthy lifestyle curriculum, and other school based wellness activities in order to increase academic performance. Jennifer Graef talked about the use of antioxidants and other dietary recommendations for exercise performance in adults and the elderly. She also shared with us her experience in being the winner for the women in the 2008 OKC Memorial Marathon and how she trains and prepares herself nutritionally before running in races.

All three of these presenters have graciously provided us with their PowerPoint presentations in case you missed out on the meeting! Visit our new website www.ocdda.org to review the presentations and to check out the latest news in OCDDA!

- Melissa Church, MS, RD, LD

See page 5 of this edition of the *OCDDA Update* for information on the next OCDDA meeting!



OCDDA UPDATE



OCDDA SAVE THE DATE: January 25th

+ "What Dietitians Need to Know about Dialysis: An Interdisciplinary Discussion"

- join us for a roundtable discussion regarding outpatient hemodialysis from experts in the field



Featuring:

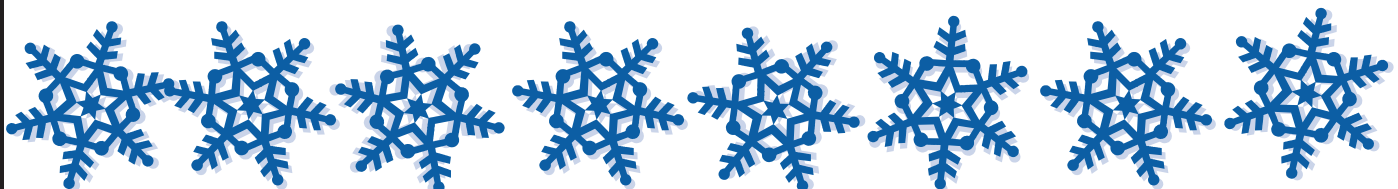
Michelle Hildebrand, RD/LD
Kay Hoffman, RN
Matthew Thigpin, PA

Time: 5:30 – 7:30pm

Location: OUHSC College of Allied Health Room 2038

+ Email questions of topic requests for speakers to Treasurer@ocdda.org

Great Door Prizes when you bring canned food!!!



OCDDA UPDATE



Have You Been in the News?

Have you been in the news lately? Do you host a TV segment or write an article for a newspaper or magazine? Have you been interviewed on TV or radio, or have you been quoted in a newspaper article, magazine, or journal? Have you spoken to groups in your community?

Have You Won an Award?

Have you won an award recently? Did your department or facility get recognized because of something you accomplished?

ODA Wants to Know!

If you answered yes to any of these questions, we want to hear from you! We want to know about our members' accomplishments and see how our members are spreading the word about nutrition! **Our PR committee will highlight you on the ODA website and in the February *OKnutrition* newsletter.**

Submit your information online at http://www.oknutrition.org/public_relations.htm. Or, you can send a link to your interview, your segment, or a copy of your article, as well as your picture, to oknutrition@oknutrition.org.

Entries must be received by Monday, January 24th to be included in the February newsletter. We look forward to hearing from you!

Thanks,

Heather Engelman, MS, RD, LD

Oklahoma Dietetic Association Executive Director

601 S Washington #264

Stillwater, OK 74074-4539

Office: (405) 533-1232 or (877) 656-8874

Fax: (877) 239-2942

oknutrition@oknutrition.org

Office Hours: Monday-Thursday, 10AM-2PM



OCDDA Wants to Know Too!

If you answered yes to any of the questions above, OCDDA wants to hear from you as well! We want to know about our members' accomplishments and see how our members are spreading the word about nutrition! **Submit information to us, and we will highlight you in the *OCDDA Update* Spring edition.**

Submit your information, a link to your interview, your segment, or a copy of your article to:

Sara.Perdue@va.gov.

OCDDA UPDATE



CAMPUS

OR NER



ATTENTION!!!

The *OCDDA Update* is in need of a student volunteer to write the OUHSC Campus Corner pieces for the remaining newsletters of this school year. If interested, please contact Sara Perdue ASAP by email at Sara.Perdue@va.gov or by phone at 405-456-3115.



The Nutrition Department at UCO is back in the swing of things for the new semester. Eight of our interns graduated in December with MS degrees and are now beginning their careers as dietitians. Although originally all but one of the just-graduated interns came from out-of-state, we are happy to say that four of the girls have decided to stay in Oklahoma!

With that said, in January we welcomed eight new students from all over the nation into our program, and they are now busy working in their management rotations and beginning their graduate education.

In addition to the new students, we have nine returning interns that are now working on their clinical rotations and finishing up their MS degrees. These girls were busy during the holiday season working through the OKC area on their community rotations. They had the opportunity to gain all kinds of experience with dietitians at OEDA, dialysis facilities, metabolic centers, Edmond Public Schools, Ministries of Jesus, the Kickapoo tribe, the Children's Center and many more awesome locations.

The students are all enjoying their time as interns and very much appreciate the opportunity to gain experience in all types of dietetic work in our diverse file!

Thanks for reading!
Lauren Tilford, UCO



OCDDA UPDATE



Dates to Remember:

January 2011 TBA	Free webinar for ODA members on Childhood Nutrition - 1 CPE
January 25, 2011 Tuesday	OCDDA Meeting 5:30-7:30 p.m. “What Dietitians Need to Know about Dialysis: An Interdisciplinary Discussion” OUHSC College of Allied Health, Room 2038
February 6-8, 2011 Sunday-Tuesday	ADA’s Public Policy Workshop http://www.oknutrition.org/AnnouncementRetrieve.aspx?ID=62227
February 8, 2011 Tuesday	OCDDA Board Meeting 7:30 a.m. at Kamp’s 1910 Café (used to be Java Dave’s) 10 NE 10th St. , OKC 73104 405-236-0611
February 2011 End of the month	OCDDA Meeting Special social combined with 1 CPE, featuring the benefits of dark chocolate - not to be missed! More details coming soon!
March 2011	National Nutrition Month® - “Eat Right with Color” http://www.eatright.org/nnm/
March 9, 2011 Wednesday	Registered Dietitian Day http://www.eatright.org/NNM/content.aspx?id=5189
March 23, 2011 Wednesday	ODA Spring Convention Pre-Convention Workshop at OUHSC \$35 registration fee 3.5 CPE
March 24-25, 2011 Thursday & Friday	ODA Spring Convention “Nutrition Boot Camp: From Basics to Outcomes” Embassy Suites Hotel & Conference Center, Norman, OK Registration info to be posted in February, 13.5 CPE http://www.oknutrition.org/Spring-Conv
April 7, 2011 Thursday	ODA’s 4th Annual Dining at the Capitol and Legislative Day http://www.oknutrition.org/Dining-at-the-Capitol