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Winter

OCDDA *update*

OFFICIAL NEWSLETTER OF THE
OKLAHOMA CITY DISTRICT DIETETIC ASSOCIATION

President's Message

Happy New Year! I hope everyone had a wonderful holiday and hopefully some well deserved time off within the past couple of weeks. The New Year always bring excitement to the dietetics world with New Year's resolutions being made, National Nutrition Month® and ODA's Spring Convention in Tulsa!

Thank you to everyone who came to our last meeting, *Get Sauced!* We had a great turnout and had a wonderful presentation from Chef Miguel Olmedo and Chef Fallon Houston. The pasta sauce and wine pairings were perfect and I know everyone enjoyed the information they shared.

I hope to see you all at the next meeting on January 31st! There is more information in the newsletter about this event. We still have a few more CEUs to offer so be sure to check your email and the OCDDA website at www.ocdda.org for updates.



-Melissa Church, MS, RD/LD



Your 2011-2012 OCDDA electronic 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



2011-2012 Board Members

Position	Name
President	Melissa Church
President-Elect	Lisa Reily
Treasurer	Melissa Heuer
Treasurer-Elect	Lisha Smathers
Secretary	Hollie Kirby
Secretary Elect	Mary Shilling
Nominating Chair	Jessica Shaw
Nominating Committee	Shelley Fehrenbach
Nominating Committee	Maggie Finnegan
Bylaws Chair	Amber Singer
Communications Chair	Leah Hoffman
Corporate Sponsorship Chair	Amanda Parsons
Membership Chair	Amanda Bower
Public Relations Chair	Kate Collins
Publications Chair	Sara Perdue



2012-2013 Election Call for Nominees!!!

Looking for a way to get more involved? Consider running for an office in OCDDA!

The following positions on will be open for next year's OCDDA Board:

- President Elect
- Treasurer Elect
- Secretary Elect
- Nominating Committee

Please submit names of nominees by **February 3** to Jessica Shaw, Nominating Chair at: jessshaw1985@gmail.com. For questions contact Jessica Shaw at email address above or Melissa Church at Melissa.Church@Chickasaw.Net.

OCDDA UPDATE



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 2011-2012 Distinguished Dietitian of the Year Award. Nomination forms must be received by **February 3, 2012**. Recognition and presentation of the OCDDA Distinguished Dietitian of the Year Award will be given at the ODA 2012 Spring Convention. See page 4 of this edition of the *OCDDA Update* for the nomination form!

2012 Oklahoma Nutrition Manual

~ Thirteenth Edition ~

To help celebrate National Nutrition Month®, the Nutrition Manual Committee plans to release the Thirteenth Edition of the Oklahoma Nutrition Manual at **ODA's Annual Spring Convention** on March 15-16, 2012 in Tulsa, OK.

Pre-order information will be available in February 2012, and all pre-orders may be picked up at the convention. The Oklahoma Nutrition Manual and the Patient Handout media will also be available for purchase at the convention.

Download the **2012 Oklahoma Nutrition Manual Pricing & Provisions** sheet.

**Oklahoma City District Dietetic Association
Distinguished Dietitian of the Year Nomination Form
(Deadline – February 3, 2012)**

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 nomination forms to Caroline Mathis @ caroline@mathisbrothers.com

Follow this hyperlink → → → [OCDDA 2011-2012
Nomination Form](#)
to open a Word version of the
nomination form!

OCDDA UPDATE



OCDDA Meeting Summaries

Lisa Reily, RD/LD

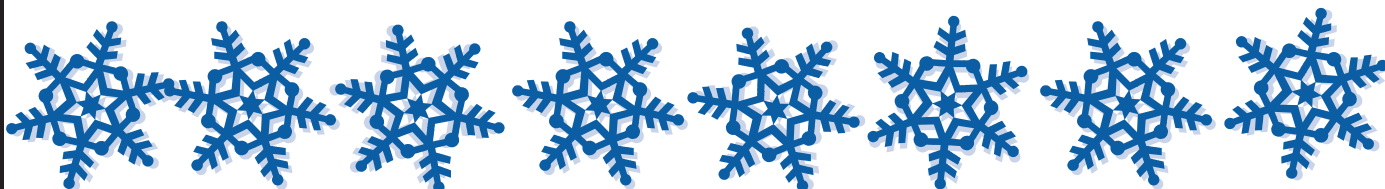
Our December meeting, “Get Sauced, A Cooking Demonstration” was a great success! If you missed it, Chef Olmedo taught us about cooking techniques as he prepared three types of pasta sauces in the new OUHSC Food Lab. Chef Houston discussed how to choose wines to pair with each sauce and how to properly taste a wine. Each attendee received a copy of the recipes for the sauces, descriptions of the wines served, as well as a recipe for the alcohol-free party drink. And of course we got to try all of these! The handout with recipes included can be found on our website www.OCDDA.org.

Thank you Peggy Turner and Cortrak for a very informative talk with hands on demonstration at our November meeting! Peggy discussed costs associated with feeding tube placement and replacement. We also learned about dietitians who place feeding tubes using the Cortrak system, the training required, and time and money this system can save facilities. What a truly wonderful device! If you would like more information about the Cortrak system please contact Peggy Turner at Peggy-turner@ouhsc.edu or call 405-271-2113.

See page 6 of this edition of the *OCDDA Update* for information on the next OCDDA meeting!


If you haven't joined OCDDA yet for this year, dues are \$25 for the year for ADA/ODA members, or \$12 for dietetics students or interns. If you are not an ADA/ODA member, the price is \$20 per meeting. We still have 4 CE opportunities left for the year! More information is available at www.ocdda.org, and please contact me with any questions!

Leah Hoffman, MS, RD/LD, CNSC
OCDDA Communications Chair
Communications@OCDDA.org






Motivational Interviewing




Advance your counseling skills!
Learn how to motivate your clients or
patients to make behavior changes to
help themselves reach their nutritional
goals

Sandy Richardson, MS, RD/LD
OUHSC Assistant Professor





Tuesday, January 31, 2012
OUHSC College of Allied Health Room 2028



Social 5:30-6:00
CE Presentation 6:00-7:00

Approved for 1 CEU for dietitians

For parking instructions, visit www.OCDDA.org



Parking at OUHSC:

Park in the lot immediately east of the College of Allied Health. The entrance is off Everest, and the gates will be up before the meeting starts. Parking is free in this lot. Enter the College of Allied Health through the southeast doors (by the dumpster).

OCDDA UPDATE



CAMPUS

ORN E R



The Nutrition Department at the OUHSC is about to begin the Spring semester and we are pleased to welcome our new officers for the Student Dietetics Association in 2012. They are excited to begin planning projects for National Nutrition Month® this March.

- SDA President - Lindsay Scott
- Secretary- Megan Caudill
- Treasurer - John Crist
- Service - Shalean Collins
- Recruitment -Leslie Sitton
- Professional Development/Leadership - Ruth Adamiec
- Social - Taylor Morgan
- Historian - Emily Womack
- Classen Mentoring Program— Courtney Lundy and Mary Beth Casey
- OSDA-MA representative- Jessie Zoller
- OSDA-CP representative - Megan Schmidt

Happy New Year!
Lindsay Scott, OUHSC



The Nutritional Science Department at the University of Central Oklahoma (UCO) is off to a great start. Eight of the dietetic interns graduated in December with their MS degrees and are starting their careers as Dietitians. As we start the semester, eight new interns have been accepted into the Dietetic Internship Program at UCO. They come from all over the United States and are very excited to start their graduate work and management rotation at surrounding hospitals in the OKC metro.

The returning eight interns have been busy working on completing some community rotations throughout the end of the Fall semester and are looking forward to the beginning of clinical rotations. The UCO Dietetic Interns appreciate the many opportunities that have come up in the community. These include working with The Children's Center, Draelos Metabolic Clinic, Mercy Outpatient, OSU Wellness Center, Edmond Public Schools, Fresenius Dialysis Center, The Beef Council, and at many other wonderful locations. These experiences have enriched our knowledge base as future Dietitians.

The UCO Dietetic Interns are very enthusiastic and thankful for the opportunities that arise in the field of dietetics. These experiences enhance our understanding and broaden our outlook in the area of dietetics.

Happy New Year!
Lauren Yetter, UCO





Mark your calendars for Legislative Day this March 1, 2012

Contact your State Policy Representative to RSVP at
Rebecca-swisher@ouhsc.edu
Volunteer opportunities also available for both members & students

Let's begin this upcoming National Nutrition Month by
representing ODA together at the capitol on March 1st!

Your State Policy Representative & Public Policy Coordinator will
schedule your meetings with your state legislators on March 1st.

- Join us for CPE during meeting instruction this Legislative Day
immediately followed by the **5th Annual Dining at the
Capitol** event from 11am to 1pm. Participating associations
will prepare and bring a healthy recipe to serve on
the 4th floor Rotunda to legislators & their staff
members. Additional details to follow closer to
event date.



OCDDA UPDATE



Dates to Remember:

January 31, 2012 Tuesday	OCDDA Meeting - “Motivational Interviewing” OUHSC College of Allied Health, Room 2028
February, 2012 Date & Details TBD	OCDDA Meeting
March 2012	National Nutrition Month® - “Get Your Plate in Shape!” http://www.eatright.org/nnm/
March 1, 2012 Thursday	Legislative Day and 5th Annual Dining at the Capitol http://www.oknutrition.org/Dining-at-the-Capitol
March 14, 2012 Wednesday	5th Annual Registered Dietitian Day http://www.eatright.org/NNM/content.aspx?id=5189
March 15-16, 2012 Thursday-Friday Tulsa, OK	Oklahoma Dietetic Association Annual Spring Convention “Dynamics of Nutrition” http://www.oknutrition.org/Spring-Conv
April 15-17, 2012 Sunday-Tuesday Washington, D.C.	ADA’s Public Policy Workshop