



CENTRAL ILLINOIS DIETETIC ASSOCIATION

www.eatrightillinois.org/districts/cida.asp

CIDA News

January 2009

Notes from the President

Since January is the time to make resolutions, we hope you put being active in CIDA on your list. We have already had two excellent meetings in Fall 2008 with our delegate from ADA, Dr. Karen Greathouse, about Nutritional informatics and genomics. Then Deb Miller shared her knowledge, enthusiasm and humor with us talking about long term care. We were able to enjoy great food, networking, and renewing friendships. Please keep that momentum going in 2009. We have excellent meetings scheduled. Sarah Dieg, our President Elect, will cover that later in the newsletter.

Marjorie LaFont and Sharon Windsor are coordinating our race this year. It is scheduled for March 28, 2009. Mark your calendars now. We need your help. Contact Marjorie at mlafont@illinois.edu or Sharon at sharonwindsor@yahoo.com. The chairs of the committees are in place, but we need many helping hands.

Public Policy Workshop (PPW) is coming this year in electronic format. ADA is trying to save us money and have more people participate. It will be available to all members at no cost. It will be held online from Sunday, February 8, through Tuesday, February 10—with the 10th being designed mainly for students. However, there is only room for 1000 computers at one given time. Amanda Newell is one of the Coordinators for Illinois and is trying to set up a place at Bradley and/or ISU or hospital in your area. Keep your eyes open and we will let you know how you can participate locally. If you have a facility to volunteer please, contact Amanda at newell.amanda@gmail.com.

Finally four IDA members are on the ADA ballot!! Our own members include:

- Golda Ewalt, MS, RD
Running for Professional Issues Delegate: Food & Nutrition Management
- Nancy Siler, MS, RD
Running for BOD, Director at large
- Donna Smith Becker, MS, RD
Running for At-Large Delegates
- Jane Allendorf, MS, RD
Running for Chair-elect of Commissions on Accreditation for Dietetics Education

Online elections planned to be held February 1 through March 3, 2009. Please take a minute to vote and help your fellow IDA members. Call your friends and colleagues and tell them what you know about Golda. She has faithfully served our profession for several years locally.

I want to encourage everyone to become involved in recruiting more members and serving your organization. Thank you for being you. Each one is unique and adds something special to our organization.

– Margery Ruch, RD, LDN

Please Join Us for CIDA's Amazing Meetings in 2009:

MMMMM! How Can This Smell So Good and Still Be Healthy?

Walking tour of the Great Harvest Bread Company

January 20, 2009 Tuesday

Please join Sam and Stephanie Polito, owners of the Great Harvest Bread Co. in Peoria. Amy Fuller, MS, RD, LDN will follow with a hands on lesson on the wonderful benefits of Whole Grains in our daily lives.

Program 6-8 p.m. 2 CEU available

Business meeting following the program. Wear comfortable shoes.

RSVP by 1/13/09 please to receive your free loaf of bread

Your Kitchen Will Be HOT!

Join Chef Bill, owner of From the Field Cooking School

Morton, Illinois

We will be improving our culinary skills with this fun, hands-on evening in the Kitchen.

February 12, 2009 Thursday

6:30-8:30 p.m.

RSVP before Jan 25, 2009 to sarah.deig@illinois.gov or phone at 309-693-4982

Only pre-paid RSVP will be considered.

\$25.00 CIDA members/ \$35.00 NON CIDA members.

Make checks out to CIDA

Mail checks to Sarah Deig

2613 S. Skyway Road Bartonville, IL 61607

A great Valentines Day gift. Bring a friend to enjoy the fun.

2 CEU available

CIDA's Amazing Meetings in 2009: (continued)

LOCAL, LOCAL, LOCAL
One of the Biggest Brand Names in Food
Join us on a walking tour of Living Earth Farm.
Sustainable Organic Food Farm, owned by Anne Patterson, RD, LDN
April 20, 2009 Monday
Farmington IL.
6-9 p.m. Business meeting and Tour.
2 CEU available
This will be our last CIDA meeting.

IDA Spring Conference
April 24-25, 2009
Marriott Chicago Oak Brook
1401 West 22ND Street
Oak Brook, Illinois 60523
Notice the date change to April

Please contact Sarah Deig, RD, LDN, CLC
CIDA President Elect
RSVPs or any questions.
sarah.deig@illinois.gov
309-693-4982

Additional information and directions will be shared closer to the program dates.

Thank you for your support of CIDA.

Membership Update

CIDA has much to celebrate this year with 63 members, 15 more than last year at this time!! We have had several additions to the directory since it was mailed out in August 2008, so if you are interested in having a new updated electronic version, email me at the address below. If you are not currently a member, great reasons to join CIDA during the New Year are the programs we have coming up! Check out the website for all the details. Membership fees are just \$25 so if you are interested in joining or know someone who is, email me at ashsimper@yahoo.com.

– Ashley Simper

Remember to Vote!

We encourage all CIDA members to vote in the national ADA election. We have 3 Illinois RD on the ADA ballot this year! I am on the ballot a delegate position representing Food and Nutrition Management Issues!

– Golda Ewalt

Scholarship Committee Update:

JANE STRIEN MEMORIAL SCHOLARSHIP FUND GUIDELINES

The Central Illinois Dietetic Association (CIDA) will award a \$500.00 scholarship to an individual with the following qualifications:

- Undergraduate sophomore, junior, or senior standing in dietetics at the time of application
- Minimum GPA of 3.0 (on a 4.0 scale)
- Attendance at a college/university or resident of the CIDA area

The completed application packet must include the following:

1. Completed 3-page application form (available on the CIDA website- <http://www.eatrightillinois.org/Districts/cida.asp>)
2. Essay describing how they see themselves impacting the field of dietetics (limit 1 page single-spaced)
3. Two letters of reference with at least 1 being from a faculty member or professional
4. College transcripts (including classes in progress)

An applicant may receive the award more than once; however a different essay must be written each year the student applies. The scholarship will be awarded by and honored at the Spring CIDA meeting on April 20, 2009.

**** Application must be postmarked by March 16, 2009.**

Please mail complete application packet to:

**Kelly Collet, RD, LDN
Scholarship Chair
5807 N. Cypress Dr. #3202
Peoria, Illinois 61615
colletk12@hotmail.com**

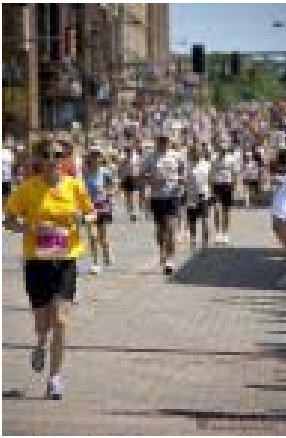
For questions please call Kelly Collet at 309-655-4048 (work)

Treasurer's Report

As treasurer of CIDA, I pay the bills, draft a budget for board discussion and oversee the scholarship fund. In addition I make deposits and pay bills and distribute the proceeds as directed by the race committee and the board following the Fun Run (which is a separate account). Serving on the board is a great way to get to know your fellow CIDA members, so consider saying yes if you are asked to serve.

– Donna Mueller

2009 CIDA 12th Annual Eat Em Up 5K Run/Walk



This year our 5k Run/Walk will be held on Saturday, March 28, at 8:30 a.m. along the Peoria Riverfront to celebrate National Nutrition Month® and kick off the running season. So far, we have 10 corporate sponsors plus the great support of Pat Sullivan of Le Vioux Carre' and Kellerhers. As always, the run will start at the corner of State Street and Water Street in Peoria—near the main Post Office.

The Race Committee has determined that proceeds will benefit: 1) Peoria's Expanded Food and Nutrition Education Programs of University of Illinois Extension – a nutrition education program for limited income families and youth, 2) McLean County's Extension Nutrition Education Program in Bloomington, and 3) the Cancer

Center for Healthy Living's nutrition program which serves cancer survivors throughout Central Illinois and also provides cancer prevention education to the general public.

Although a number of members have stepped up to help plan this event, there are still many opportunities to participate. We are especially in need of someone to coordinate food for the Post-Race Party. The food we provide has been gratefully received in the past and appears to be the component that sets our race apart from all others. Our runners really appreciate this!

***Please consider how you can help us prepare for a successful race.
Then CONTACT us to Volunteer! ☺***

Marjorie LaFont, MS, RD, LDN
2009 Race Co-chair
Telephone: 309-685-3140 Ext.16
Fax: 309-385-3397
Email: mlafont@uiuc.edu

Sharon Windsor, RD, LDN
2009 Race Co-chair
Telephone: 309-682-4629
Email: sharonwindsor@yahoo.com

Nominating Committee:

The nominating committee is seeking CIDA members who would like to serve as an officer for the 2009 – 2010 membership year. The following openings are needed:

- **President Elect** (1 year term) – Responsibilities include program planning and local arrangement and to familiarize themselves with each chairperson of divisions and committees.
- **Secretary** (1 year term) – Attend all meetings – membership and Board of Directors (some of these are teleconferences), record minutes and maintain books to send to satellite groups and receive and file reports to officers, divisions and committees.
- **Nominating Committee** (1 year term) – 1 chair and 2 committee members needed – Designate active members as candidates for officers and committee membership for the following membership year.
- **Membership Chair** (2 year term) – Updates CIDA member records as members join and maintains the email list.

Those who are interested will be placed on the ballot. Current committee members will assist all incoming officers with their duties as needed. If you have any questions, please contact Linda Curlless at 309-647– 5240 Ext. 2305. Thank you.

– Linda Curlless

OSF Saint Francis Medical Center Dietetic Internship Program:

Nutrition Luncheon Series

OSF SFMC 700 Auditorium
Time 11:45 a.m. – 1:00 p.m.
Lunch is \$4.00
Please RSVP to (309) 655-2054

Date	Topic	OSF Dietetic Intern
2/13/2009	Enteral Nutrition & End-of-Life Issues	Leah Karaliunas
3/6/2009	Weight Loss Medications	Brooke Schneider
4/10/2009	Understanding the Role of Diabetes Medication	Nathan Stock
5/12/2009	Web Based Weight Management	Barb Cordes

***National Nutrition Month® —
The theme for March 2009 is "Eat Right."***

National Nutrition Month® is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Registered Dietitian Day, also celebrated in March, increases awareness of registered dietitians as the indispensable providers of food and nutrition services and recognizes RDs for their commitment to helping people enjoy healthy lives. The American Dietetic Association proudly announces the second annual Registered Dietitian Day: **Wednesday, March 11, 2009.**

Use these tips from the eatright.org website to help celebrate Registered Dietitian Day on Wednesday, March 11, 2009 with recognition of the professional expertise and accomplishments of Registered Dietitians.

- Display photos and bios of the RD staff on the company bulletin board, including name, position, length of service, special credentials and alma maters. Note the combined number of years of nutritional expertise of your team.
- Highlight the contributions of RDs in your employee or community newsletter.
- Present certificates of appreciation to RDs at a special “thank you” lunch or a reception for all staff.
- Encourage staff members to sign a “thank you” card or write individual notes of appreciation to the RDs in your organization.
- Provide a free lunch or a restaurant gift card for RDs on their day.
- Make a tribute gift contribution to the American Dietetic Association Foundation in the name of an RD.
- Ask your company to offer a donation to the local food bank in honor of the staff RDs.

Don't let RD Day go unnoticed in your workplace. If you are the only RD, create a “Congratulations!” sign for yourself and place it on your desk – keep it up for a week. That should generate some appreciation from co-workers!

– *Julie Raeder Schumacher, MS, RD, LDN*
CIDA Media Representative