

CIDA NEWS

February 2008

President's Message – Laura Collins, MS, RD, LDN

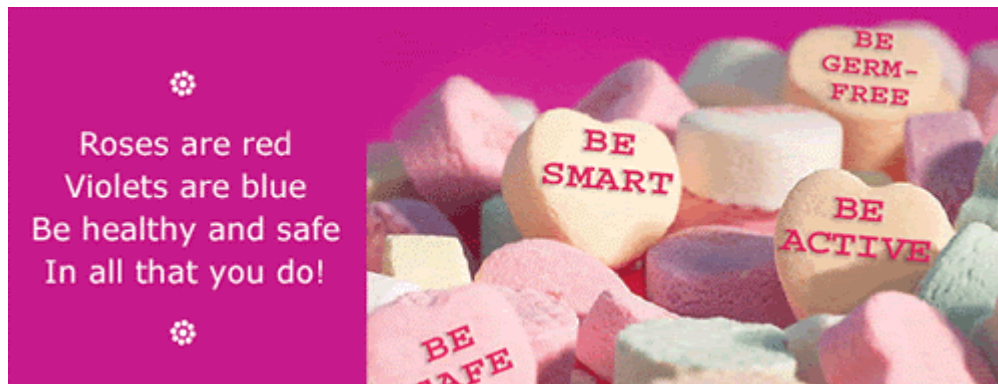
Hello Fellow CIDA Members:

What an exciting and eventful 2008 we have in store for us. Margery Ruch has planned great educational sessions for our upcoming meetings including a rescheduled time for the November meeting that had to be cancelled. Coming in March is the 11th annual CIDA Run/Walk. If you have never had the opportunity to help with this event, it is truly an amazing experience. Also in March, is the IDA Fall Assembly, see the IDA webpage for a full rundown of the event. Margery Ruch will be attending as the CIDA representative in my absence. If you can make plans to attend, this should be a great opportunity to strengthen your nutritional knowledgebase as well as network with Dietitians from all over the state.

CIDA would like to congratulate Marge Delaney on 50 years of ADA membership. Thank you Marge, for your continued support of our parent organization and your dedication to our profession.

I would also like to take this opportunity to thank the board member, committee chairs, and all of you who volunteer on committees and with CIDA functions. It is because of these volunteers that this organization functions.

On a personal note, though I will still be able to function in part of my CIDA role, due to the forthcoming birth of my twins, I will not be able to attend any more CIDA meeting this year. However, I look forward to seeing you all again next year.



President-Elect – Margery Ruch, RD, LDN

Calling all CIDA members, 2008 is going to be great! To kickstart your resolution to keep updated in your profession we have two awesome meetings to mark on your calendars. Each meeting provides two CEU's.

On Thursday, Feb. 21, 2008. Anne Daly, MS, RD, BC-ADM will present "The Role of RDs In Expanding Diabetes Treatment". This will be a sponsored dinner meeting by Bayer Healthcare, Diabetes Care Division. That's correct, a free meal for you and a wonderful speaker all in one. It will be held at the Best Western Ashland House, at 201 East Ashland Street, Morton, IL. Dinner will be at 6:00pm and Anne will begin at 6:30pm until 8:30pm. She still has to drive back to Springfield. Check out her article in the August 2007 Journal of the American Dietetic Association about Use of Insulin and Weight Gain: Optimizing Diabetes Nutrition Therapy. This is an RSVP meeting. Please call Margery Ruch at 309-824-6595 or Suzy Gill at 309-241-5490. We must have your reservation by February 12, 2008 by 9:00 pm. This would be a perfect meeting to get your RD co-workers to join and receive the benefits of CIDA. They are most welcome.

We have re-scheduled the November meeting for March 11, 2008. Due to the illness and death of Connie Mueller's father we had to cancel the November meeting. Connie Mueller, MS, RD, SNS, the Director of Food and Nutrition Services, Bloomington Public Schools and Jennifer DeHoog, RD, Nutrition Educator, St. Louis Dairy Council will present "We Serve Nutrition Every Day". This will be an excellent update on what is new in school lunch and what you can do to take action on the wellness policies in your schools. They need your service. Children and nutrition are in the news everyday. Become knowledgeable about what is happening in your schools. Even if you are a Clinical Dietitian you can use this information in your practice and in your family's lives. A short business meeting will begin at 6:30pm with the presentation from 7-9:00 pm. This will be at the Bloomington School District Administrative office at 300 East Monroe Street, in Bloomington. Enter the building through the glass doors on the North side of the building.

The bylaws for CIDA have been submitted to IDA and have been updated to reflect our current organization. Should anyone want to read a copy (13 pages), please contact Margery Ruch at kanga.ruch@verizon.net and I will be glad to forward you a copy. Thank you to all who gave input.

Membership – Ashley Simper, RD, LDN

CIDA is ringing in 2008 with 48 members!! Three to be added to your membership directory include Jennifer DeHoog, RD, Annette McQuilkin, RD, RN, and Joann Augsburg-Jana, RD, LD. Their home and business contact information will be sent via email. If you are not currently a member, great reasons to join CIDA during the New Year are the programs we have coming up! Membership fees are just \$25 so if you are interested in joining or know someone who is, email me at ashsimper@yahoo.com.

IDA Media Representative for CIDA – Julie Schumacher, RD, LDN

To Mark the First Registered Dietitian Day, American Dietetic Association Urges Everyone to Start Having an Annual "Nutrition Checkup". The American Dietetic Association proudly announces the first-ever Registered Dietitian Day. As the nation's food and nutrition experts, registered dietitians are committed to improving the health of their patients and community. Registered Dietitian Day will commemorate the dedication of RDs as advocates for advancing the nutritional status of Americans and people around the world.

Mark your calendars in March for National Nutrition Month and the first annual Registered Dietitian Day on March 10, 2008!

Treasurer's Report – Deb Miller, RD, LDN

Currently we have 4 accounts. The general account has a balance of \$5,802 with \$1,253 available in the Fun Run Account. This can be used as start up money for the race we sponsor in the spring. There are also two accounts in high interest rate funds. We have \$3,771 in one of these accounts and \$757.30 in the Jane Strein Memorial Scholarship Fund.

In December the post office box was renewed so we will continue to have the same box number. Also, we will need to vote on this year's proposed budget at our next meeting.

This is my last year as the treasurer, so if you enjoy working with money and being involved in the finances of our group, please be sure to let the nominations committee know and be prepared to say "yes" when they call!

IDA 2008 Spring Assembly

REGISTER EARLY...as plans are well underway for the 2008 Spring Assembly! Online **registration and complete meeting details are now available** on the IDA website at www.eatrightillinois.org. The registration brochure was mailed earlier this week and should arrive in your mailbox soon. Take note of the new format as you make plans to attend. The meeting will begin on Wednesday, March 19 at 1:00 pm with a 4-hour media bootcamp featuring **Dawn Blatner and Dave Grotto**. A reception in the exhibit hall from 5:00 - 6:00 pm will follow. This will give folks an opportunity to visit with the exhibitors, network, and unwind. The day will end with the **Board of Directors meeting immediately following** the reception.

We will start the day on Thursday, March 20 with registration and a continental breakfast in the exhibit hall at 7:30 am. The general session featuring Connie Diekman, ADA President will begin at 8:00 am. Concurrent workshops will be offered throughout the day until 2:15 pm. The entire group will then go into a general session for the annual IDA Membership Meeting. At 2:45 pm **Dr. Jo Lichten** will then do a 1 1/2 hour presentation on *HOW TO MAKE MORE DOUGH IN DIETETICS*. The day will end with the Awards Reception from 4:15 - 5:15 pm.

Plan now! I am sure you will not want to miss a minute of this action-packed agenda! See the attached brochure for session descriptions, complete schedule, registration fees, deadlines, and hotel information.



OSF Saint Francis Medical Center Dietetic Internship Program

Nutrition Luncheon Series

Polycystic Ovary Syndrome: The Role of the Registered Dietitian

February 13, 2008, 12:00 – 1:00 PM, OSF SFMC 700 Auditorium

Presented by Danielle Blain, Dietetic Intern. Please RSVP by Feb. 8. RSVP to (309) 655-2054

Scholarship Committee – Sarah Deig, RD, LDN

The Scholarship Committee is excited to announce the JANE STRIEN MEMORIAL SCHOLARSHIP Application will again be available on our CIDA Website (Early February 2008) Please encourage all students who qualify to apply. The committee requests a large applicant pool to choose from. Please encourage your students to apply. This year our Jane Strien Memorial Scholarship is worth \$500.00. Please contact Sarah Deig, at 309-693-4982 or sarah.deig@illinois.gov

Scholarship packets are attached with this newsletter. **Applicants must be postmarked or returned by March 11, 2008 or bring to the meeting scheduled this night.**

The 2008 recipient will be announced at our April 2008 meeting.



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 CIDA website Feb 08)
2. Essay describing how they see themselves impacting the field of dietetics (limit 1 page single-spaced)
3. Two letters of reference
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 April 2008

**** Application must be postmarked by March 11, 2008 (you may bring to our March meeting this night)**

Please mail complete application packet to:

For questions please call Sarah Deig at 309-693-4982 work

**Sarah Deig, RD, LDN
Scholarship Chair
2613 S. Skyway Rd.
Bartonville, Illinois 61607**

CENTRAL ILLINOIS DIETETIC ASSOCIATION
SCHOLARSHIP APPLICATION

Please print neatly or type. All blanks must be complete. Use N/A where not applicable.

I. PERSONAL INFORMATION

Full Name _____

Present Address:

(Street address) _____

(City/State/Zip) _____

(Daytime phone) _____

Permanent Address:

(Street address) _____

(City/State/Zip) _____

II. EDUCATIONAL INFORMATION

Present academic level _____

Major or course of study _____

Cumulative grade point average _____

Grade point average in dietetics or related field _____

Full- or part-time student status _____

Expected graduation date _____

List in chronological order, the high school, colleges, and or universities you have attended.

Name	Address	Degree	Year Graduated/ Degree Received

List any honors, awards, or scholarships received.

Honor/ Award/ Scholarship	Date

III. EXPERIENCE (VOLUNTEER)

List the extracurricular activities that you have been involved in during your collegiate career.
(community, church, professional, and student organizations)
