



## CENTRAL ILLINOIS DIETETIC ASSOCIATION

[www.eatrightillinois.org/districts/cida.asp](http://www.eatrightillinois.org/districts/cida.asp)

August 2010

### Message from the President

Betsy Riehle, RD, LDN

Oh the weather outside is frightful, but CIDA is very delightful. We have some exciting upcoming programs this Spring which welcome your attendance as well as our annual CIDA Fun Run/Walk and IDA Spring Assembly for you to show your support of dietetics.

This Spring we have 2 programs on the calendar for a total of 4 CEUs. Fuel Up to Play 60 presentation will be on February 2, 2010 in the Community Room at the Bloomington School District 87 office. CIDA member, Jennifer DeHoog, will represent the St. Louis Dairy Council. Jenny Reay, fellow CIDA member, will speak on Weight Management, including an overview of the OSF Weight Loss Center on April 27, 2010. The location of this program has not yet been set yet will be in the Peoria area.

March 26th is our annual 5K CIDA Eat 'Em Up Fun Run/Walk. Please mark this date on your calendar as we need your help to make this event successful. This is not only a way for us members to show our support for CIDA but also for the dietetic community as a portion of our profits go to dietetics education. We need your support before the race as well as the day of the race. Many CIDA members volunteer their time before/after the 5K race and run/walk in the race as well.

Spring IDA Assembly is being held on April 8 - 9, 2011 at Chicago Marriott Oak Brook. This is a great opportunity to network with other RDs from throughout the state, especially since the Fall Assembly was cancelled. You can click on the link to register as there is a cost savings with registering early. <http://www.eatrightillinois.org/ContinuingEd/springassembly.asp>

I would like to take this time to thank each of you for being such a valuable member of CIDA. If it was not for you, your recommendations for speakers, your attendance, your donation of time, CIDA would not be as strong as it is. Thank you for voting me to service as your President-elect and now President.

I look forward to seeing you in February at our 1st spring meeting and at other CIDA activities through-out the spring

Betsy Riehle RD, LDN

### Upcoming Events

**Wednesday, February 2, 2011**

CIDA Meeting  
Bloomington, IL

**Friday-Saturday, February 4-5, 2011**

Autism Nutrition Continuing Education  
Presentation  
Lombard, IL

**Saturday, February 5, 2011**

Innovative Concepts in Nutrition  
Ingalls Memorial Hospital, Harvey IL

**Saturday, March 26, 2011**

CIDA Eat 'Em Up Fun Run/Walk  
Peoria, IL

**April 8-9, 2011**

Illinois Dietetic Association Spring Assembly  
Marriott Hotel, Oak Brook, IL

**Wednesday, March 2, 2011**

IDA Lobby Day  
Springfield, IL

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## UPCOMING MEETINGS

### FUEL UP TO PLAY 60

**DATE:** WEDNESDAY, FEBRUARY 2, 2011

**PLACE:** BLOOMINGTON SCHOOL DISTRICT 87 OFFICE  
300 E MONROE, BLOOMINGTON

**TIME:** 6:00 – 6:30 BUSINESS MEETING

6:30 – 8:30 PRESENTATION

**SPEAKER** JENNIFER DEHOOG – ST LOUIS DAIRY  
COUNCIL

**BRING CASH FOR A RAFFLE RAISING MONEY FOR OUR  
CIDA SCHOLARSHIP FUND!**

### WEIGHT MANAGEMENT

**DATE:** WEDNESDAY, APRIL 27, 2011

**PLACE:** OSF WEIGHT LOSS CENTER

**TIME:** 6:00 – 6:30 BUSINESS MEETING

6:30 – 8:30 PRESENTATION

**SPEAKER:** JENNY REAY

## CIDA Eat 'Em Up Run

Sarah Deig, RD

Our 14th Annual CIDA Eat Em Up 5K Run/Walk is fast approaching! I am looking forward to seeing every CIDA Member on Saturday March 26, 2011. Help is needed and if you are willing to serve on our Race Committee or Race day volunteer I need to hear from you.

Race brochures/registration will be distributed at our Feb 2, CIDA meeting. Please take several CIDA Race registrations and share with family, friends, co-workers and business to help get others involved in our very own Central Illinois' Amazing Race. It is a great way to celebrate National Nutrition Month with food, fun and activity. Thank you to all CIDA Members for your help!

Please contact me at 309-693-4982 or sarah.deig@illinois.gov

## Continuing Education Opportunities

### Nutrition & Feeding Interventions for Children with Autism, Asperger's, and ADHD

**When:** February 4 & 5, 2011

**Where:** Hyatt Place in Lombard, IL

**Presenter:** Elizabeth Strickland, MS, RD, LD and author of 'Eating for Autism.'

**Worth:** 12 CEUs.

For more information and to register, see ce@EasterSealsDFVR.org or (630) 282-2026

### Innovative Concepts in Nutrition

**When:** February 5<sup>th</sup>, 2011 from 7:45 a.m. to 2:25 p.m.

**Location:** Ingalls Memorial Hospital, East Meeting Rooms A, B, and C

**Presenters:** Current dietetic intern class

**Worth:** 5 CEUs

This year's topics include:

- ❖ Strategies for Creating a Sustainable and Eco-Friendly Diet
- ❖ An Omega-3 a Day Might Keep the Rheumatologist Away
- ❖ Insulin-Like Growth Factors and Breast Cancer
- ❖ Using Nutrigenomic Approaches to Predict Disease States
- ❖ Impact of Antioxidant Supplementation on Overall Health and Mortality
- ❖ Nutrition, Exercise, and Mental Health
- ❖ Advances in Glucose Monitoring through the Use of Insulin Pumps

Complimentary breakfast and lunch are provided.

Register before January 1<sup>st</sup>, 2010 for the early bird rate of \$50.00. Registration after this date will be \$55.00 for the professional and \$18.00 for students and interns.

If you are interested in an information brochure or would like to attend, please contact Ashley McGinn or Jessica Rendleman at (708) 915-5949.

## CIDA Scholarship

Kelly Dzwonek

The deadline for application for the Jane Strien Memorial Scholarship Fund is March 14. If you know of a sophomore, junior, or senior encourage them to apply for the \$500 scholarship. Applications are included at the end of this newsletter.

Applicants must meet these 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
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 at the Spring CIDA meeting.

For more information contact  
Kelly Dzwonek, RD, LDN  
Scholarship Chair

## IDA Website Opportunity

The IDA Website Committee is seeking members interested in getting involved with this particular aspect of the association activities. The Website committee is extremely vital to the day-to-day operation and is an excellent opportunity for becoming familiar with each aspect of association business.

For more information please contact:  
IDA President, Anna Shlachter: rdanna@ymail.com  
IDA Website Committee Chair, Jaimette McCulley:  
JMcCulley@Fontbonne.edu

## IDA Spring Lobby Day

Time: 9:30-3:00 pm

Where: Illinois National Bank Conference Center,  
431 South Fourth Street, Springfield, IL

Please register on the IDA website by February 18, and bring a photo ID which is required for entrance to the state capitol.

## Basket Fundraisers

Betsy Riehle

Each year, the district dietetic associations donate a basket to IDA which is raffled off as a fundraiser. Last year CIDA took a basket which contained local items such as BeerNuts, Kickapoo wine, etc. If you have an idea or an item which you would like to add to our CIDA basket, please contact Betsy Riehle at betsyrdldn@yahoo.com.

Also, the CIDA board will be raffling off a basket at our Feb. 2 meeting to raise funds for our CIDA Scholarship account.

## IDA and CIDA Elections

Applications for IDA leadership positions are due by February 1. See the application at the end of this newsletter.

CIDA will also be electing officers. More information will be provided at the next meeting on February 2.

# Employment Opportunities

## **Apostolic Christian Home in Eureka, IL**

Dining Services Clinical Support Personnel Position  
Requirements:

- Familiar with MDS 3.0, CAA completion
- Familiar with quarterly and annual nutritional assessments
- Familiar with Microsoft applications

The ideal candidate for this position will be a flexible team player and excellent communicator.

Good computer skills are a must with experience in food/nutrition preferred.

RDs or DTRs can apply for this position.

Contact Sandy Van De Veer, PHR

309-467-2311 ext. 140 or [svandev eer@each.org](mailto:svandev eer@each.org)

## **OSF Medical Center**

OSF has an opening for a fill-time dietitian. See their website for details. The job posting is at

[https://www.healthcaresource.com/osf/index.cfm?fuseaction=search.jobDetails&template=dsp\\_job\\_details.cfm&cJobId=458068](https://www.healthcaresource.com/osf/index.cfm?fuseaction=search.jobDetails&template=dsp_job_details.cfm&cJobId=458068)

If you have employment opportunities, CEU event information or other news to share with other CIDA members in upcoming newsletters, please send to [eatrightcida@yahoo.com](mailto:eatrightcida@yahoo.com) or [dill.meg.christine@gmail.com](mailto:dill.meg.christine@gmail.com).

**CENTRAL ILLINOIS DIETETIC ASSOCIATION**

**2011**

**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
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<hr/>			
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List any honors, awards, or scholarships received.

Honor/ Award/ Scholarship	Date
<hr/>	
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**III. EXPERIENCE (VOLUNTEER)**

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

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**CANDIDATES FOR STATE OFFICE BIOGRAPHICAL RESUME**

You have been suggested as a **POSSIBLE CANDIDATE** for the IDA Ballot for the following position(s):

\_\_\_\_\_

Before completing this form, please review the attached IDA P&P 422-F-3 Recommended Experience for IDA-Elected Officers and applicable IDA P&P 422-Fa-f IDA Elected Offices Fact Sheets. To assist the IDA Nominating Committee in the selection process, we are requesting that you fill in this form.

We appreciate your immediate attention to this request. If you have any further questions, please contact: Colleen Lammel-Harmon, RD LDN, IDA Nominating Chair

Phone: [708-567-5506](tel:708-567-5506)

Email: [colleen.lammel@sbcglobal.net](mailto:colleen.lammel@sbcglobal.net) or [colleen.lammel@chicagoparkdistrict.com](mailto:colleen.lammel@chicagoparkdistrict.com)

1. Sorry, I am unable to be a nominee this year

\_\_\_\_\_  
Signature Date

-----STOP HERE-----

2. I will allow my name to be placed on the 2011-12 IDA Ballot for the position of

\_\_\_\_\_. Yes \_\_\_\_\_ NO \_\_\_\_\_

3. I would also consider running for the position of \_\_\_\_\_.

4. I am an active, life or retired member of the ADA with a membership number of:

\_\_\_\_\_.

5. I am a member of the following IDA District(s): \_\_\_\_\_.

**Signature Required:** \_\_\_\_\_

The following IDA Offices will be on the 2011-12 Ballot: President Elect, Nominating Chair Elect, CPI chair Elect, Treasurer Elect, Secretary

Check preferred Mailing Address: Home Address: \_\_\_\_\_ Business Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone \_\_\_\_\_

e-mail \_\_\_\_\_

**BACKGROUND INFORMATION OF NOMINEE FOR IDA 2011-12 BALLOT**

**Type or print** your name as you would like it to appear if on ballot; i.e., RD, MS. etc.

Name \_\_\_\_\_ Date \_\_\_\_\_

Work Experience: (Give current position, then former positions, include only last 5 years.)

Position/Title   Institution   City/State   Dates

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Professional Activities (list most recent activities first). Include only last 5 years.

ADA: \_\_\_\_\_ Dates \_\_\_\_\_

DPG: \_\_\_\_\_ Dates \_\_\_\_\_

State: \_\_\_\_\_ Dates \_\_\_\_\_

District: \_\_\_\_\_ Dates \_\_\_\_\_

Other: \_\_\_\_\_

\_\_\_\_\_

Other Professional Activities/Award/Offices Held (list civic, honorary organization memberships, special activities)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

It is essential that this form be completed. Personal vita is an optional addendum.

**Please complete this form and send by Feb. 1, 2011, to:**

Colleen Lammel-Harmon, RD LDN, IDA Nominating Chair

Email: [colleen.lammel@sbcglobal.net](mailto:colleen.lammel@sbcglobal.net) or [colleen.lammel@chicagoparkdistrict.com](mailto:colleen.lammel@chicagoparkdistrict.com)