



CENTRAL ILLINOIS DIETETIC ASSOCIATION

www.eatrightillinois.org/districts/cida.asp

June 2011

Message from the President

Jennifer Hinman, RD, LDN

Hello everyone,
Hopefully everyone is enjoying the summer weather and looking forward to an exciting year with CIDA. We are currently working on programs for 2011-2012. In June, we will be forwarding to you the information about membership. Please consider joining again this year. As an affiliate of the Illinois Dietetic Association, membership in CIDA is open to all American Dietetic Association Members. Benefits of CIDA Membership include continuing education offered through Member Meetings and other CEU events, networking with other Central Illinois-area RDs/DTRs, opportunities to lobby with the legislative committee at the state and national level, Membership Directory with contact information of all members, and access to CIDA Awards and Scholarships.

Email reminders continue to be our primary form of communication and will keep you informed of upcoming meetings and CIDA activities. Membership is available for \$20. We're pleased to offer an additional 12 CEU's offered through the ISU journal club. I look forward to meeting you and hope you enjoy all CIDA has to offer.

Central Illinois Dietetic Association Officers/ Board Members for 2011-2012

President	Jennifer Hinman
President Elect	Ashley Simper
Secretary	Susan Waltrip
Treasurer	Mike Garrison
Membership Chair	Samantha McCoy
Newsletter Editor	Meg Koch
Nominating Chair	Julie Schumacher
Nominating Committee	Amie Bell Sandra Gifford

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Upcoming Events

September 13, 2011
Organic Garden Tour
Peoria and North Hampton, IL
See article for details!

March 31, 2012
CIDA Eat 'Em Up Fun Run/Walk
Peoria, IL

April 20-21, 2012
Illinois Dietetic Association Spring Assembly
Marriott Hotel, Oak Brook, IL

Upcoming CIDA Programs

Ashley Simper, MS, RD, LDN - President-Elect

What do these chefs, Deborah Madison, Alice Waters, Rick Baylis and Charlie Trotter have in common? Do you enjoy fresh vegetables? Are you a LOCOVORE? Want to learn more about organic gardening? If you want to find out more about these topics, then join us for this outing worth 2 CEUS!



7th Annual OSF Dietetic Internship Program Tour with the Central Illinois Dietetic Association

Organic Vegetables: A Tour and a Taste

September 13, 2011

4:30 to 8:00 PM

Presented by Keith Crotz, Organic Gardener
North Hampton, Illinois

Agenda

4:30 -- Leave OSF SFMC for North Hampton.
We plan to carpool from OSF to the farm.

5:15 -- Arrive at the Crotz Farm

5:15 - 6:15 -- Tour vegetable garden

6:15 - 6:30 -- Presentation on overview of organic farming, history of organic movement, and entrepreneurial opportunities

6:30 - 7:15 -- Vegetable taste test: organic versus store bought, Q & A, and light dinner

7:15 -- Leave for OSF SFMC

8:00 -- Arrive at OSF SFMC

Plan to wear cool and comfortable attire suitable for being in a garden. Socks and tennis shoes are highly recommended.

Vegetable samples, light dinner and cold beverages provided!

Please RSVP to Golda Ewalt if you plan to attend.

Golda Ewalt – 655-3707 or

golda.e.ewalt@osfhealthcare.org

UPCOMING MEETINGS

ORGANIC VEGETABLES: A TOUR AND A TASTE

DATE: TUESDAY, SEPTEMBER 13, 2011

PLACE: NORTH HAMPTON, IL

CARPOOL FROM OSF ST FRANCIS MEDICAL CENTER

TIME: 4:30 – CARPOOL DEPARTS OSF

5:15 – GARDEN TOUR

PRESENTER: KEITH CROTZ, ORGANIC GARDENER

NUTRITION AND CANCER: OVERVIEW AND PRACTICAL TIPS FOR SYMPTOM MANAGEMENT

DATE: NOVEMBER, 2011 – DETAILS FOLLOWING

PLACE: TBA

TIME: BUSINESS MEETING, FOLLOWED BY PRESENTATION

TIME TBA

SPEAKER: DONNA MUELLER, MS, RD, CSO, LDN

BOTH MEETINGS WILL BE WORTH 2 CEUS.

CIDA Eat 'Em Up Run

Betsy Riehle, RD, LD

What a great turnout for the Central Illinois Dietetic Association's 14th Annual 5 K Run/Walk! We had 305 total entries to help us celebrate National Nutrition Month on March 26th, 2011.



Race Director, Sarah Deig, RD, LDN said "it was very, very cold but the sun was shining and the roads were clear and we all enjoyed Peoria's beautiful riverfront which continues to be our Race location after 14 years. This year we had some amazing runners and walkers and to have this many participants with the wind chill being around 20 degrees we were pleased.



We have a great group of volunteers which makes this event so successful. We have dietitians, students and dietetic interns from Illinois State University, Bradley and OSF Saint Francis Medical Center all working together to assist. Thank you to all who participated, volunteered, and supported/ sponsored our race.

Over \$65,000 has been donated to local organizations for nutrition related education or services over the past 14 years. Our proceeds this year will go to the Expanded Food and Nutrition Education Program of the University of IL Extension and Cancer Center for Healthy Living in Peoria who provides nutrition counseling to cancer patients during treatment".



Sarah would also like to add, "See you all next year, March 31, 2012!"

Scholarship Committee

Kelly Dzwonek, RD, LDN

I am pleased to announce the winner of the 2011 Jane Strien Memorial Scholarship. This year the scholarship for \$500 has been awarded to Danielle Glascott.

She is a junior at Bradley University. Danielle is pursuing a bachelor's in dietetics with minors in psychology and health. Danielle has a special interest in global health and nutrition. She would like to join the Peace Corps in the future and help educate third-world countries about nutrition. She would like to gain experience prior to going into the Peace Corps and is currently in the process of obtaining volunteer experience in South Africa this summer.

The recommendation letters spoke highly of Danielle having great skills as a leader and scholar. What stood out to the scholarship selection committee was her involvement in the dietetic field as well as the community, her variety of experiences, and that she is an excellent student, personable, dedicated, and willing to help others. The selection committee felt that Danielle exhibited many strengths and qualities that will make her a successful registered dietitian.

Congratulations Danielle!

**Central Illinois Dietetic Association
Journal Club
Facilitated by Illinois State University Dietetic Interns**

Objective:

To become familiar with current scientific literature on a variety of nutrition topics and to gain experience in gathering, organizing, critically evaluating, presenting and participate in group discussion of the literature and the implications to practice.

Directions:

1. The blog site is www.isudi.blogspot.com
2. In each month's Journal of the American Dietetic Association (JADA) there are two articles that are tagged for continuing education. The facilitator of the month (an ISU 2nd year dietetic intern) will select one of these articles for our journal club discussion.
3. The facilitator will serve as the discussion leader/group facilitator on blogger.com for one month as assigned. By the 10th day of the month, the facilitator will post a summary of the article. The facilitator will also post three specific discussion questions for the club members to answer.
4. You-as a journal club member- need to read the posted article and respond by the 20th of each month addressing the questions posted by the facilitator. To facilitate discussion, it is recommended that you respond to a total of two other's posts by the end of the month.
5. At the end of the month, the facilitator will conclude the session with a summary statement and recommendations for practice.

Posting on the Blog Site

Go to www.isudi.blogspot.com The blog is designed to allow all of you to post comments. Each month you will see the three discussion questions followed by the summary and article title. Scroll to read the summary and find the article in JADA. Then participate in the discussion by clicking the 'comments' button near each of the three discussion questions. It is suggested to type your response in Word first, then copy and paste into the comment area. If you do not have a blogger-login, you can still post, but please type your name, so others can address responses to you. Also, this is how I will know you participated for your CDR certificate. *Please email me at least every-other month to tell me you participated, so I can confirm through the blog and send your CPEU certificate.

Let me know if you ever have questions!

Julie Schumacher
jmraede@ilstu.edu

**December: This month's date requirements will be changed due to the Holiday. The Facilitator will select and post the articles/questions by the 5th of December. The other Club members should respond by the 15th of the month with their answers to the discussion questions, and respond to two other's posts by the 20th of December.



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It's time to join/renew your membership in the Central Illinois Dietetic Association!

What are the benefits of membership?

- 4 Yearly Meetings with 8 Free Continuing Education Credits
- Up to 12 Free Continuing Education Credits by participating in the Journal Club
- CIDA Newsletters and Membership Directory

Remember: You must be an ADA member to join CIDA

*****Place an X next to your preferred mailing address and preferred phone number.*****

Name:	Employer Name:
<input type="checkbox"/> Home Address:	<input type="checkbox"/> Work Address:
<input type="checkbox"/> Home Phone:	<input type="checkbox"/> Work Phone:
Professional Credentials:	Fax Number:
ADA Registration Number:	Preferred E-mail Address:
New CIDA Member: Yes No	

Type of membership:

- Active-** [Includes: RD, LD, DTR, MS or PhD (In appropriate field), and anyone else classified as an Active ADA member].....\$20
- Retired – No Fee.....Donation:** _____
- Student – No Fee.....School:** _____

Mail this form & your check payable to CIDA by August 15, 2011.

After August 15th, please add a \$5.00 late fee.

Mailing Address:
CIDA

Attn: Samantha McCoy
632 E. Summer
Paxton, IL 60957

Can you lend a hand?

- Running for a CIDA office position
- Legislation/Bylaws
- Scholarship
- 2012 Fun Run/Walk Planning Committee
- 2012 Fun Run/Walk Race Day Volunteer
- 2011/2012 Assisting President Elect in Program Planning
- Public Relations
- CIDA Newsletter

Would you like information on awards?

- Recognized Young Dietitian (<36 years)
- Outstanding Dietitian
 - Recognized Diet Technician of The Year
- Emerging Dietetic Leader
(ADA Member > 5 years, < 10 years)