

CIDA Newsletter

Fall 2005

Message from the President

Welcome to a new 2005-2006 program year and to our first ever-online newsletter. Board members have been busy over the summer planning for an exciting year. So far, we are 44 members strong. To help encourage increased membership, Jennifer Franks, Membership Chair, is sending all ADA members in our service area an invitation to join CIDA. Donna Huisenga, President-Elect, has been working hard on setting up a variety of informative programs based on your membership feedback. Treasurer Donna Mueller's budget evaluation indicated that we need to rebuild the Jane Strien Memorial Scholarship fund. To help accomplish this goal we will hold a raffle at each of program meetings. Suzy Gill, Online Newsletter Editor, has been designing the layout for the online newsletter. If you have anything to submit to the newsletter please send it to CIDA's new e-mail address, eatrightcida@yahoo.com.

We're still in need of an Eat Em' Up Run/Walk Chair and Co-chair. It would be great if one or two people would like to fill the chair position. Please contact me if interested.

I'm looking forward to working with all of you this year and welcome your suggestions and feedback.

Healthy Regards,
Jennifer DeHoog
jdehoogcida@yahoo.com
(309) 353-7472

Online Newsletter

If you are reading this, then you are probably using the online format of the newsletter. We would like to receive any feedback on the format and contents of the newsletter. We also invite any members to submit news to the newsletter by e-mail. The new e-mail address for CIDA is eatrightcida@yahoo.com.

CIDA Membership

Have you paid your membership dues for the 2005-2006 year? If not, contact the CIDA membership chair, Jennifer Franks via e-mail which is Jennifer.franks@osfhealthcare.org. Membership is only \$20.00 which will allow you not only to network with your peers, but access to 12 CPE hours at no additional charge. All membership meeting programs are 2 CPEs and the spring program is 4 CPEs.

2005-2006 CIDA Membership Meeting and Program Schedule

Donna Huisenga, president-elect has done an outstanding job planning the CPE programs for the upcoming year. Please mark you calendars for these meetings:

PROGRAMS FOR CIDA 2005 – 2006 Business Meeting from 6 – 7 pm and Program from 7 – 9 pm

When: Monday, September 26, 2005
Where: Morton Library
Program: *Room Service Dining for Hospitals*
CPE: 2

When: November 14, 2005
Where: Morton Library
Program: *Sports Nutrition: Building Your Business and Working with Athletes*
Speaker: Susan Kundrat MS RD LDN
CPE: 2

When: February 13, 2006
Where: Morton Library
Program: *Fighting Obesity: Gastric Bypass and Lap Band Surgery*
CPE: 2

When: April 10, 2006
Where: ICC North Campus Peoria
Program: *Come Taste Nutrition: ICC Culinary Arts Program*
Speaker: Stacy Gehrig MS RD LDN, Chef Charles Roberts, and Students
Enjoy tasting some delectable selections prepared by the chef's of the future!
CPE: 2

SAVE THIS DATE!

Special Meeting: *Choices and Changes: Clinical Influence and Patient Action*
Speaker: Sandi Burke RN PhD
When: Saturday, March 5, 2006 8 am – 12 pm
Where: Bloomington (to be announced)
CPE: 4

A flyer for registration will be posted in the e-newsletter. Be sure to check in for further updates as we get nearer to the meeting date. This workshop develops capacity to influence patient health behavior from compliance with medication regimens to curbing risky behavior. A model is presented which enables the clinician to have an impact in a brief office visit. The workshop is interactive and utilizes videotaped cases.

Jane Strien Memorial Scholarship Fund

As many of you are aware, CIDA has a scholarship fund. A scholarship of \$500.00 has been awarded to a dietetics student each year. In 2000, the CIDA Scholarship Fund was renamed to "The Jane Strien Memorial Scholarship Fund" to honor the memory of Jane who was an active member of CIDA and past President.

In order to continue with the scholarship fund, the CIDA Board has approved a basket raffle to be held at each membership meeting this year. The basket will be donated by a CIDA member and tickets sold at the meeting. All proceeds will be added to the scholarship fund. Also, don't forget that any donation to the Jane Strien Memorial Scholarship fund is tax deductible. Donations may be made payable to the "Jane Strien Memorial Scholarship" and mailed to CIDA, P.O. Box 6536, Peoria, IL 61601-6586.

District News

⇒We are still in need of a chair and co-chair for the 2006 Eat 'Em Up Fun Run. Kelly George, the 2006 Fun Run Chair has moved out of the area and cannot take on the duties. Without members volunteering for the positions, we will have to cancel the 2006 Fun Run. Afraid to chair the event alone? Ask a fellow member to co-chair the chair position with you, then you won't be alone. The past committee members and chairs have kept meticulous notes about the organization of the run, so the chair position isn't as time consuming as it sounds! Step up to the plate and volunteer, we need you!

⇒Julie Fehrenbacher Graduate Student from Normal IL received the 2005 Carol V. Hall Scholarship from ADA

⇒Congratulations to CIDA member Connie Mueller who is the 2005 recipient of the American Dietetic Association Foundation Award for Excellence in the Practice of Management.

⇒Job Opening:
Consultant Dietitian in the Bloomington Area
2 days per week/ 8 days per month
Call Donna @ 630-688-3961

OSF Saint Francis Medical Center Intern Luncheons

All the luncheons start at 12:00. Lunch is just \$4. Call 309-655-2054 to reserve a seat and order lunch. The luncheons are held in the 700 Auditorium at the OSF Saint Francis Medical Center Hospital Campus. One CPE unit is available for each luncheon.

August 23, 2005: Obesity in the Low Income Population by Kelli Schaefer
September 9, 2005: Prenatal Nutrition for Multiple Gestation by Robyn Salata

IDA Fall Workshop

The IDA Fall Workshop is planned for September 10, 2005 at the ISU Bone Student Center in Normal, IL. The day-long program provides 5 CPEs. The program title is "Complementary Care for Cardiovascular Disease: Separating Fact From Fiction". For more information, click on this link www.eatrightillinois.org/continuinged/fallassembly.asp .

Message from the American Dietetic Association

Date: July 29, 2005

To: Affiliate Presidents/Presidents-elect
Affiliate Executive Directors

From: Sonja Connor, MS, RD, LD
Speaker, House of Delegates

Subject: AFFILIATE DELEGATES – WHAT THEY CAN DO FOR YOU?

In order to keep our profession moving forward, it is essential for delegates to communicate with members about the discussions that take place at meetings of the House of Delegates (HOD). And, to learn about new programs and products that are developed as a result of HOD Meeting discussions (i.e., Nutrition Care Process and Model, Customer Satisfaction Guide). The smaller House structure has made it more difficult for delegates to communicate with members especially in the larger affiliates. The House of Delegates Leadership Team (HLT) needs your assistance in helping provide affiliate delegates with adequate support to undertake their responsibilities and achieve their goals. The responsibilities and goals for delegates are listed below.

Delegate responsibilities are:

- To participate in HOD meetings and formal electronic dialogues.
- To participate in electronic dialogues, deliberations and voting in the HOD Community of Interest.
- To recommend agenda items for HOD meetings.
- To participate in discussions, makes and votes on motions.
- To contribute to and participates in achieving goals for HOD, and HOD committees.
- To identify topics for future dialogue and deliberations at HOD meetings based on needs, concerns and interests of members.
- To maintain communication with HOD Leadership Team and respond to requests from the Speaker and House committees.
- To maintain communication with constituents (e.g. members, DPGs, affiliates) through mechanisms developed by HOD; may include attendance at meetings or on conference calls, writing articles, soliciting input; facilitating group discussions at established times, such as ADA FNCE or affiliate and DPG business meetings.
- To monitor the ADA budget and addresses issues via HOD representatives on Finance Committee.
- To accept appointments for HOD committees, subcommittees and task forces and Tactical Workgroups and complete assigned tasks.
- To contribute to reports on activities.
- To monitor the functions of the HOD to ensure compliance with the Bylaws and policy and procedures.
- To participate in HOD activities to identify and prioritize trends in the profession
- To assist in orientation of and transfer of information to new delegates to ensure continuity.

All delegates have the following goals:

- To ensure a well informed membership
- To ensure a well informed affiliate Board of Directors
- To obtain increased member involvement at local, and affiliate level
- To provide consistent, concise messages and directions that support the mission and vision of ADA
- To assist in expanding the core of members with enhanced leadership skills
- To ensure an effective and efficient structure to address member issues
- To ensure collaborative relationships within ADA and other external organizations.

Your help is needed to ensure that your delegate is able to meet these responsibilities. Some ideas you might consider are:

- Provide ample time to present professional issues and obtain feedback from the affiliate board of directors
- Provide time for presentations from your delegate at state and or district meetings to solicit member input
- Request written reports of delegate activities for inclusion in affiliate newsletters or on your state affiliate Web site
- Encourage distribution of delegate materials to members and request feedback from members
- Provide feedback to your delegate on their performance.

I also want to take this opportunity to review some of the benefits a Delegate can provide to your affiliate.

Delegates can present ADA's strategic plan to your BOD as well as provide leadership programming.

Your delegate can also provide inexpensive CPEs by presenting on the following topics:

- Scope of Practice and Standards of Practice (training provided at Spring 2005 HOD Meeting)
- Customer Satisfaction Toolkit (training provided at Fall 2004 HOD Meeting)
- Professional Development Portfolio
- Ethics Training
- Association Updates
- Nutrition Care Process and Model.

Please feel free to contact: Sonja Connor at connors@ohsu.edu or 503/494-7775, Harold Holler at Hholler@eatright.org or 800/877-1600, ext. 4896, or Stacey Weintraub at Sweintraub@eatright.org or 800/877-1600, ext. 4852 to further discuss ways to facilitate The sharing of ideas to enhance the role of the affiliate delegate.



NEW ADA Hyperlipidemia Nutrition Practice Guidelines

ADA has some exciting news! We are pleased to announce that the new Hyperlipidemia Nutrition Practice Guideline is now available online, FREE for all ADA members! The Guideline is included in the newest section of the Evidence Analysis Library which is called Evidence Based Guidelines. This is the first complete ADA online guideline, and the first to have gone through the extensive evidence analysis process that the ADA now has in place.

You may visit the Evidence Based Guidelines homepage at <http://ebg.adaevidencelibrary.com/>

OR

If you have **never** visited the Evidence Analysis Library, you should **first** access it through the ADA website by following the directions below. You will then be in the system for the next time you visit the EAL.

1. Go to www.eatright.org and enter your member ID
2. Click on "Research" in the left column
3. Click on the link to "Evidence Analysis Library"
4. The Evidence Analysis Library has a direct link to the Hyperlipidemia Nutrition Practice Guideline (you may also click on the "Evidence Based Guidelines" tab)

ADA members will find a wealth of information within the Evidence Based Guidelines and non-members will also be able to access certain portions of the Evidence Analysis Library.

