

CIDA NEWSLETTER

WINTER 2005

Message from the President

As the 2005 calendar year comes to an end, it's a natural time to reflect over the past year's accomplishments and challenges, as well as examine plans for the upcoming year.

I'm thankful for all the CIDA members who've contributed to our organization's success in 2005. Donna Huisenga, president-elect, has lined-up a variety of informative continuing education programs. Jennifer Franks, membership chair, endeavored to increase membership. Donna Mueller, treasurer, worked to balance the budget. Suzy Gill, on-line newsletter editor, organized our first ever on-line newsletter. Stephanie Heinold, nominating chair, Jennifer Hinman and Debbie Yates, nominating committee, encouraged members to run for 2006-2007 board positions. Thanks to all members for their participation. Together we can make a difference in the field of dietetics.

As I look at the challenges we've faced, I'm thankful for the CIDA members who've stepped up to overcome them. The 2006 Eat Em' Up Run was in danger of not happening. Thanks to all who pulled together to make it happen. I want to give a special thanks to Marjorie LaFont for coordinating the race committee. The Jane Strein Memorial Scholarship fund is running low. Thanks to Suzy Gill and Marjorie Ruch, who each donated a basket for the raffle fundraiser and for the members who contributed. So far, the basket raffles have raised approximately \$60.00. Please consider donating money to the scholarship fund to invest in our future.

We've got a lot in store for 2006. Donna Huisenga has planned an exciting line-up of professional development programs. Mei-ling Lin, scholarship chair, and the scholarship committee, will select a dietetic student to receive the Jane Strein Memorial scholarship. Marjorie Ruch, legislation/bylaws chair, will update us on ways we can get involved with legislation. And the 2006-2007 board will be ushered in.

Best wishes for a Merry Christmas and joyous holiday season.

Healthy Regards,
Jennifer DeHoog
jdehoogcida@yahoo.com



Meeting News and Updates

The fall meetings at the Morton Library were well attended by members from all across our CIDA area. The topics presented were interesting and informative, and provided us with an insight into areas we may not have thought Dietitians would be highly needed. Especially popular are the "Spotlight on a Dietitian" which Jennifer DeHoog began at each meeting to highlight one of our own special members.

Coming up in the next half of the 2005-2006 program year:

February 13, 2006 7:00 PM at the Morton Library
Presented By: Lori Walters from OSF Healthcare and the Riverplex

"BARIATRIC SURGERIES"

The most and the least asked questions about obesity surgical treatments.

A **special** additional meeting has been planned for **Saturday, March 5, 2006** from **8 AM – 12 NOON**, in **Bloomington** (the place will be announced at a later date).

"CHOICES and CHANGES" is the name of the program presented by Sandra Burke from Illinois State University. A registration form will be available in January through your CIDA online resource and web mail. This program is for 4 CE hours. You won't want to miss it!

April 10, 2006 at 6:00 PM we will convene at Illinois Central College's North campus for a special night to **"TASTE the FUTURE"** of the culinary arts program. What a great way to wrap up the end of the year with a **PARTY** atmosphere, and welcome next years officers.

- **Don't forget** the business meeting begins at 6:00 PM and includes learning about a special dietitian in your area.

Hope everyone can attend. **Have a Happy Holiday Season** and we'll see you soon! Donna Huisenga, CIDA President Elect

Online Newsletter and E-mail updates

CIDA has an e-mail address. This e-mail address will be used for all CIDA communications. Please make sure that this address is marked as an "acceptable" e-mail address for your inbox or else you will not receive CIDA updates. The CIDA e-mail address is eatrightcida@yahoo.com. This is the e-mail address the newsletter is forwarded from. If you have any news for the CIDA Newsletter, please forward it to the CIDA e-mail address.



CIDA Ballot for the Board of Directors for 2006-2007

Please circle your selection and mail this back to: Stephanie Heinold, 340 S. Minnesota, Morton, IL, 61550 or bring to the February 13, 2006 General Membership Meeting. All ballots are due on February 17.

President-Elect:

Laura Collins
or write in

Treasurer:

Debbie Miller
or write in

Secretary: (vote for one)

Margery Ruch
Stephanie Heinold
or write in

Nominating Committee: (vote for 3)

Kelly Collet
Linda Curless
Sarah Deig
Patricia Powers
Mardell Wilson



Membership Information

Please add these new members to your CIDA directory

*Preferred mailing address and telephone number

Professional credentials noted if supplied on membership

Gordon, Sarah-Jane – RD

*317 Santa Fe Trail

Peoria, IL 61548

*(309) 383-2074

E-Mail: tsjgordon@hotmail.com

Peoria City/County Health Department

2116 N. Sheridan Rd.

Peoria, IL 61604

Curless, Sue – RD, LDN

712 E. Holland St.

Washington, IL 61571

(309) 444-7218

Fax: (309) 444-7170

E-Mail: suebradcurless@msn.com

Self-Employed

(309) 256-9863

Pat Cole – RD, LDN, CNSD

5402 W. Rachael Drive

Proctor Hospital

*5409 N. Knoxville Ave.

Peoria, IL 61614

Ruth Towns – MS, RD

1207 Willow Lane

Peoria, IL 61614

(309) 681-1840

OSF St. Francis

Center for Health

8600 N. Route 91

Peoria, IL 61615

(309) 683-5413

Ashley Simper - RD

112 N. Orr Dr. #10

Normal, IL 61761

(309) 256-4160

E-Mail: ashsimper@yahoo.com

Illinois State Graduate Student

The following corrections should be made to the original 2005/2006 membership directory

Malinowski, Angela RD, LDN

E-Mail: angmalin77@yahoo.com

membership
directory

2006 Eat 'Em Up Fun Run Committee

Tentative date – Saturday, March 25, 2006

Committees:

Registration – Debbie Yates and Stephanie Heinold

Sponsorships – Jenny Cline

T-shirts – Golda Ewalt and OSF Interns

Bags – Julie and ISU Interns

Treasurer – Donna Mueller

Volunteers – Linda Curlless

We still need the following:

Co-chair, Food, Application/Flyer, Advertising/Media, Advertising/Distribution

Door Prizes – we still have some left from last year

If you are interested in being a part of the 2006 CIDA Fun Run, please call Marjorie LaFont at 309-685-3140 ext. 16 or m-lafont@uiuc.edu. If you were a committee chair last year and will not be doing it this year please get me your notebook or folder.

IDA DELEGATE UPDATE

Your IDA Delegates recently voted on two House of Delegates (HOD) motions after dialogue conducted at the October 21 and 22, 2005 HOD meeting prior to FNCE. The first motion, related to sustainable food supply, calls for the HOD to establish a task force composed of ADA member experts to develop a plan to address the various issues related to our role in sustainable food practices. The second motion, related to industry relationships, calls for the HOD Leadership Team, in collaboration with ADA staff, to develop guidelines based on the critical components and key elements to assist members, affiliates, and dietetic practice groups when examining the risks, benefits and opportunities of industry relationships. The results of the votes are not yet available. I appreciate hearing from IDA members if there are any questions or issues that need to be addressed.

Sara Lopinski, MS, RD, LDN

sara.lopinski@st-johns.org

Work: 217.544-6464, ext. 44818

Home: 217.793.2865

ADA Update

Attached is a link from ADA president Rebecca Reeves DrPH, RD, FADA and other related documents pertaining to the Center for Medicare and Medicaid Services (CSM) information on Therapeutic Diets.

http://www.eatright.org/Member/index_23819.cfm.

Job Opening- Long Term Care Consulting

Available Immediately. Competitive compensation.

Licensed Dietitian in Central Illinois and surrounding area. If you are interested, please contact:

Cynthia Chow & Associates, 5061 N. Pulaski Road, Chicago, IL 60630

Contact: Miriam Bernstein, (773) 539-8181

IDA Update

There will be an article about the openings for media spokespeople for the Illinois Dietetic Association in the upcoming IDA newsletter. Some of the districts have had very active media spokespeople during this term. Members can apply for three, three-year terms as spokespeople.

Some dates to remember.... The deadline for applications is March 1, 2006. A mandatory media training has already been set up for May 22, 2006 at the ADA office in Chicago. If you have any questions, please don't hesitate to contact me. Thanks for your help in the recruitment.

Toby Smithson, RD, LDN
IDA PR and Marketing Chairman
3010 Grand Avenue
Waukegan, IL 60085
847.377.8114

Become an IDA Media Spokesperson

By Toby Smithson, RD, LDN
IDA Public Relations and Marketing Chair

The Illinois Dietetic Association is looking for members to represent the association in the media and to increase the visibility of the dietetic profession as the nutrition expert and resource person.

Any IDA member interested in being a spokesperson may apply. It is a 3-year term and the qualifications are as follows:

- Be an IDA member and ability to currently support/participate in state dietetic association activities
- At least 3-5 years experience as a Registered Dietitian
- Be licensed in the state of Illinois
- Possess and demonstrate strong writing and verbal skills
- Experience in public speaking
- Sufficient flexibility in work schedule to accommodate preparation time and short notice requests of the media
- Ability to volunteer several hours monthly for media interviews and story placement
- Ability to handle deadlines
- Ability to translate research into layman terms
- Broad base knowledge on varying current nutrition topics
- Confidence and experience in dealing with the media and on camera experience
- Be free of conflicts of interest

On May 22, 2006 there will be an all day media training held at the American Dietetic Association Office in Chicago. If you are interested in applying, please keep this date open for this mandatory training.

For an application, please contact Terry McBride at the IDA headquarters, tdmcbride@mchsi.com or contact Toby Smithson at tsmithson@co.lake.il.us for questions. The deadline for applications is March 1, 2006.

CEO DIGEST

FROM AMERICAN DIETETIC ASSOCIATION CEO RONALD S. MOEN, MS November 2005
Volume 4, Issue 14
Post FNCE greetings from your Chief Executive Officer!

Working with the Media ... ADA has revised our popular member handbook on telling your story and that of ADA and the dietetics profession, to the world via the news media. Visit http://www.eatright.org/ada/files/Working_with_the_Media_2005.pdf to download a PDF of this valuable communications reference.

House of Delegates Update: ADAs Dietetics Education Task Force ... has released a report on the progress it has made to address the revised charge given to the Task Force following the Spring House of Delegates meeting. This report has been posted to http://www.eatright.org/cps/rde/xchg/SID-5303FFEA-EC617601/ada/hs.xsl/governance_1553_ENU_HTML.htm

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Bylaws Amendment Notice ... The House has been requested by the Commission on Dietetic Registration to amend the ADA Bylaws related to its composition, qualifications and tenure (Article VII, Section 2.a.). The House of Delegates has agreed to address this request and will consider this amendment during a 45-day member comment period between November 2 and December 16. Review the proposed amendment at <http://www.eatright.org/> and provide feedback by December 16 by contacting an Affiliate delegate, Professional Issues delegate or At-large delegate. See the ADA Leadership Directory for names and contact information of delegates at http://www.eatright.org/cps/rde/xchg/SID-5303FFEA-8D180320/ada/hs.xsl/governance_7032_ENU_HTML.htm

. You can also submit feedback to hod@eatright.org. Following the member comment period, the House of Delegates will consider a motion regarding the disposition of the proposed Bylaws amendment. This motion will be discussed and voted on electronically by delegates from January 5 to 27. Results will be released January 31, 2006. For a complete copy of ADAs Bylaws, visit http://www.eatright.org/cps/rde/xchg/SID-5303FFEA-6829E9D6/ada/hs.xsl/governance_781_ENU_HTML.htm

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Member Value ... During the Spring HOD meeting, a dialogue was conducted on The Value of ADA Membership. As a result of this dialogue, HOD approved a motion that strongly encouraged the utilization of key messages and delivery methods identified by delegates for development of recruitment and retention campaigns. However, during summer, it was agreed that the motion did not sufficiently represent the dialogue with regard to member recruitment and retention. Therefore, the House of Delegates discussed and approved electronically two additional motions in September related to this issue. One motion resulted in a notice to the House of Delegates, ADA Board of Directors, DPGs and affiliates to be prepared to set goals for the next recruitment and retention campaign in future years. Delegates are encouraged to provide assistance and encouragement in the development of these goals. The second motion

addressed the incorporation of the recommendations of these motions into future documents and activities of the House of Delegates. In addition, the House will request ADAs Board of Directors to address the motion in future work plans of the Association.

Certificate of Training by the Commission on Dietetic Registration

The Commission on Dietetic Registration will be offering certificate of training programs in adult and childhood and adolescent weight management as noted below:

Certificate of Training in Adult Weight Management - March 2-4, 2006 - Portland, Oregon; June 15-17, 2006 - Savannah, Georgia; October 26-28, 2006 - Kansas City, Missouri; December 7-9, 2006 - Plantation, Florida

To obtain a registration form and to view the certificate requirements, timeline , registration deadlines and agenda: <http://www.cdrnet.org/wtmgmt/CertificateOfTraining.htm>

Certificate of Training in Childhood and Adolescent Weight Management - April 9-11, 2006 - Anaheim, California; May 18-20, 2006 - Burlington, Vermont

To obtain a registration form and to view the certificate requirements, timeline, registration deadlines and agenda: <http://www.cdrnet.org/wtmgmt/childhood.htm>

