

CIDA NEWSLETTER

WINTER 2006

President – Donna Huisenga

As this newsletter goes to press I am reminded it is election time. I hope you all exercised your right as an American to get out and vote. We too must be prepared to serve our organization. When the nominating committee calls on members to participate in the CIDA elections, please be open to saying yes and serving in an official capacity. As the saying goes...We Need You!

Membership is down this year. We need all of you to contact your co-workers and dietitian friends and remind them it is not too late to become a member of CIDA. I have included a list of reasons that will help you to convince them that membership at \$20.00 is a bargain. All dietitians are always welcome to come to a meeting presentation for educational credits at \$10.00 per CEU.

For those of you who attended FNCE in Hawaii, we would love to hear from you. Please plan on attending the November 13th meeting at ISU and tell us about all you have learned. We would love to see pictures too! Maybe a Hula dance????

Your board members met in October and have a new budget to be presented for your approval at the November membership meeting. A new position on the board has been approved. Suzy Gill has been acting in the capacity of Online Communications Editor for the last year and a half. It has been decided that this should be a position with a job description, length of time served, and to be voted on by the membership. The bylaws committee is in the process of reviewing CIDA's outdated 1998 bylaws. IDA has just been updated and we feel it is time to make sure ours are in line with current practices of our association. If you have input or would like to help in this endeavor please contact Margery Ruch.

FUN RUN 10th Anniversary! We're sure everyone is interested in helping with the race this year. It always occurs in March so start planning. Co-Chairs are needed to help us get the ball rolling. Marjorie LaFont is having a phone meeting on November 8. Try to contact her and get signed in. We always need help preparing for the race as well as race day. If you can serve on a committee and are not already on the list let us know. Email me at d4huisenga@mchsi.com. Be sure to let me know what you would like to do to help. Remember: Many hands make light work!

Here is a list of interested committee members for the fun run

Golda Ewalt, Linda Curless, Jenny Reay, Sarah Deig, Betsy Perkins,
Mardell Wilson, Kelly Collet.

These members would like to help on race day:

Golda Ewalt, Donna Huisenga, Stacey Crutchley, Donna Mueller, Jenny Reay, Sarah Deig, Betsy Perkins, Marilyn Priddy, Margery Ruch, Stephanie Heinold.

November Membership Meeting

The next CIDA General Membership meeting will held **Monday, November 13**. The meeting will be held **in Bloomington at ISU in Turner Hall Room 204**. The business meeting will be from 6:00 - 6:45 pm with the 2 Hour CE program from 7:00 - 9:00 pm. Sarah Deig will present "Effective Counseling Skills". The learning objectives for this program are:

In this session, the participant will be able to:

1. Name at least three key components of good counseling.
2. Identify at least one Motivational Interviewing Statement they feel comfortable using.
3. Exhibit use of the 0-10 Scale of Self-Efficacy.
4. Demonstrate their ability to assess a client for their stage of change related to a specific health behavior.
5. Identify any solutions/strategies to barriers in using new counseling skills and tools

Turner Hall is on the corner of College and Main street. There is a lot by Turner Hall, but there is no free or public parking until 7 pm. The best thing is for members to park in the metered lot until 7 and then move to the other lot after 7 or pay at the meter for the three hours. The CPE program will take a break to accommodate parking changes.

President-Elect – Laura Collins

Laura has scheduled the remainder of the membership meetings. They are as follows:

February 5th, 2007; Maple Lawn Homes, "Nutrition and Culture Change" presented by Connie Jensen RD, Illinois Department of Public Health. The meeting will be held in Eureka at The Communities of Maple Lawn in Memorial Hall at 700 N. Main Street.

6:00-6:45 pm business meeting

7:00-9:00 pm CPE Program

April 16th, 2007; Waugh Foods, "Product Comparisons and Menu Usage" presented by J&B Meats will be held at Waugh Foods in East Peoria.

6:00 – 6:45 pm business meeting

7:00 – 9:00 pm CPE program



Membership – Jennifer Franks

We are now 50 members strong! Membership this year is down from last year. Attempts are being made to increase our membership. I want to encourage everyone to help increase our membership by encouraging co-workers and friends to join us! It is not too late to be a part of CIDA. Benefits include networking, CEU programs free of charge, and printed membership directory. A reminder that to be a member of CIDA, ADA membership is a requirement. However, non-ADA persons are more than welcome to attend our programs for \$10 per CEU (i.e. \$20 per program). I hope for to see many new faces at our meetings!

Legislation and By Laws – Margery Ruch

The Illinois Dietetic Association has just completed revisions of the state bylaws. Therefore CIDA needs to make adjustments and additions to our bylaws. Only one other person has come forward to help with this task. It is difficult to function with a committee of one. Please volunteer to help. It should take one or two phone conferences or meetings. This should not be a drawn out affair. Your help would be greatly appreciated. Please call Margery Ruch at 309-824-6595 to volunteer. Thank you for your service.

Nominating – Mardell Wilson

The Nominating Committee is accepting nominations/suggestions of CIDA members for offices for the 2007- 2008 year:

If you are interested please e-mail names and contact information to Mardell Wilson at mawilso@ilstu.edu.



Wendy's Consumer Education Program

On Thursday, October 19, Wendy's announced a new consumer education program developed in collaboration with ADA. The program connects moms with registered dietitians through a new Web site www.mom-rd.com. This program promotes registered dietitians as the nation's food and nutrition experts to millions of consumers nationwide. The Web site's reliable information on feeding families is written by three ADA member RDs who are also moms. Resources on the Web site also include a simplified guide to eating healthy meals, practical tips for families, feature articles written by RDs and an "Ask Mom-RD" section.

A Nutrition Fact Sheet on the Mom-RD program will be published in the Journal of the American Dietetic Association and there will also be a mailing to selected DPGs. An announcement to ADA members will go out in the November 2006 CEO Digest.

Member News

Anne Daly, from Springfield Diabetes and Endocrine Center, received an ADA Medallion Award this year at FNCE. This is a very prestigious award and we should be very proud of her accomplishments! Please congratulate her if you wish – her email is: adaly1@sbcglobal.net

CIDA member Stephanie Heinold completed the 2006 Chicago Marathon. Her time was 3 hours, .36 minutes and 10 seconds which qualified her for the Boston Marathon. She hopes to run this in April **2008**. When you see Stephanie be sure to congratulate her on a job well done! Below are some pictures of Stephanie during the marathon.

