



# Winter Newsletter

## North Suburban Dietetic Association

Volume 1, Issue 2  
Winter 2009-2010

## A WORD FROM THE PRESIDENT:

Here we go into another decade! It is so interesting to watch the reviews of societal changes over the past ten years. The early 2000's seem light years away from where we are today. After this decade, I'm sure we won't clearly remember a medical chart that was not electronic or a menu without nutrition information. We are entering (and exiting) exciting times. Our profession continues to evolve, and as such, so must leadership of our members.

I write this article knowing that we have been successful in finding the majority of next year's core leadership team for NSDA. We are lucky to have experienced leaders looking for new leaders for our organization. I recently read a short article by Robin Sharma, a best selling author on leadership and personal success. The title of the article, *Anyone Can Be a Leader*, caught my eye because it made me think of all of the volunteers I've worked with over the years. Many of these volunteers were thrown into leadership roles, sink or swim, rewarded or unrewarded, qualified or semi-qualified. These individuals may not have had much leadership experience in the area that they were being asked to lead, they didn't necessarily

think they could "do a good job", and many felt others were more qualified to lead. It's easy to see now that the one thing they all had in common was they each brought a skill to the table that others felt was valuable-good with computers, a people person, able to complete tasks in a timely manner, a good speaker, knows how to negotiate, or unbridled enthusiasm. They were tapped to lead because someone saw something in them that would help the organization, something they may not have been able to identify on their own. Sometimes our personal gifts and skills are so a part of us that we fail to see them as anything special. So, thank you to those of you who plan to share your talents with NSDA and your fellow professionals.

We realize that being a leader doesn't fit one definition and we recognize dietitians have great potential to lead. The people you work with will teach you something-this is truly the reward of volunteering! Leadership isn't about perfection or being the perfect leader, it IS about making the organization the best it can be, the best way you know how. Changes in the health care reform measures being pro-

posed will require experienced leaders in all fields. Local and state organizations are stepping stones to larger leadership arenas. Experience is a great confidence booster. So, challenge yourself to work at developing yourself as a leader, because we need you! The response to "anyone can be a leader" is...if you want to be!

I hope you enjoy the second half of our year and the offerings of the upcoming presenters. Remember to put IDA's spring meeting on your calendar. Feel free to offer suggestions for speakers and networking for next year's leadership team. We appreciate your input and participation.

Sincerely,

Janet Millikan, President



### North Suburban Dietetic Association Upcoming Meetings

#### Wednesday, March 3, 2010

Harper College  
*Achieve Better Health with Nutrient Rich Foods*  
Melissa Joy Dobbins, MS, RD, CDE

Good Lookin' Cookin' Demo  
Marie Dini, RD, LDN

#### Wednesday April, 7, 2010

Luther General Hospital  
*Legislative Report*  
*Punch up your CDR portfolio*

#### Wednesday, May 5, 2010

*Wine & Cheese Dinner*  
The Health Benefits of Wine  
James Painter, PhD, RD  
Wine and Cheese-The perfect couple  
Melissa Joy Dobbins, MS, RD, CDE

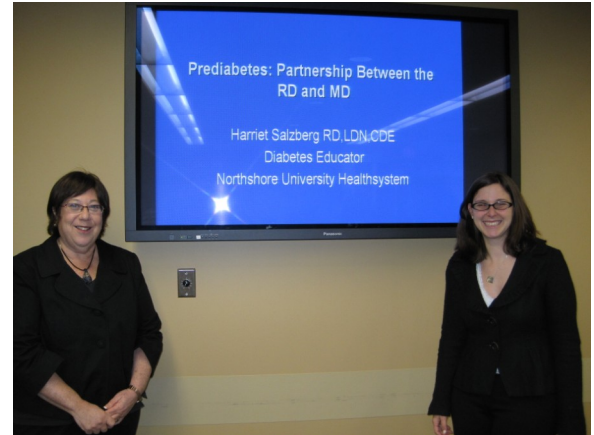


## Highlights from November...

A great turnout for the NSDA November meeting at Northwest Community Hospital in Arlington Heights. The topic was “Pre-diabetes Partnership Between the MD and RD.” Our very own Harriet Salzberg, RD, LDN, CDE presented on various studies indicating how lifestyle intervention affected individuals with pre-diabetes. Amy Aronovitz, MD also provided us with great information about the latest research on diabetes and the effectiveness of targeted Diabetes screening.

Risk reduction in patients with pre-diabetes

- Glucose lowering via lifestyle change and/or pharmacotherapy
- Cardiovascular disease risk factor reduction by BP goal <130/80, LDL <100, TG <150, HDL >40



Harriet Salzberg, MS, RD, CDE and Amy Aronovitz, MD

## Winter Recipe Pasta with Garbanzo Beans & Spinach

Prep Time: 10 minutes  
Cook Time: 10 minutes  
Amount: 4 servings

### Ingredients

1/2 (12 ounce) package wild harvest™ Organic Spaghetti  
2 tablespoons wild harvest™ Organic Extra Virgin Olive Oil  
1/2 cup diced red onion  
1 tablespoon chopped garlic  
1 (14.5 ounce) can wild harvest™ Organic Diced Tomatoes, drained  
1 (15 ounce) can wild harvest™ Organic Garbanzo Beans, rinsed and drained  
1/4 teaspoon red pepper flakes  
2 cups wild harvest™ Organic Fresh Spinach Leaves  
- fresh grated Asiago cheese, optional

### Directions

1. Prepare pasta according to package directions; drain.
2. Meanwhile, in large skillet, heat oil over medium-high heat. Add onions and garlic; sauté until onions are softened (about 3-5 minutes).
3. Stir in tomatoes, beans and pepper flakes. Salt and pepper to taste. Bring to a simmer.
4. Stir in pasta and spinach. Cook until spinach is wilted (about 2 minutes). Remove from heat. Sprinkle with cheese, if desired.

### Nutrition Facts

Serving Size= 1/4 of recipe  
Amount Per Serving:  
Calories: 350  
Total Fat: 9g  
Saturated Fat: 1g  
Cholesterol: 0mg

Become a fan of  
“Wild Harvest Organic” on  
FACEBOOK and view weekly  
Health/Wellness Tips posted by  
Kim Kirchherr, MS, RD, LDN, CDE  
SUPERVALU Dietitian



## What our NSDA members are up to

Marie Dini, RD, LDN and certified image consultant is teaching a 10 week weight management course for women called, "Why Weight to Look Great." The course was designed and marketed by Marie herself and is an adult continuing education course through school district 211.

Marie recently finished the 10-week course with great results!

- Most participants lost 10% of their body weight, lowered their BMI, decreased their blood pressure, and lost inches around their waist.
- One participant dropped her cholesterol by 16 points!



**Check this out!**

Next session starts:

**February 22nd at Conant High School in Hoffman Estates Monday evenings 6:30-8:30pm.**

For more information at [theimageofhealth@aol.com](mailto:theimageofhealth@aol.com) or visit the website [www.d211.org](http://www.d211.org) and click on continuing education.

## Crank up your Continuing Education....

Are you involved in the development, marketing, or labeling of healthful foods? If so, The **Wellness 10 Conference**, powered by Food Technology magazine, is a great opportunity to learn about the regulatory environment for functional foods from some of the industry's most well-respected experts. Join Anthony Pavel, J.D., Attorney with K&L Gates, and Shanon Trueman, M.S., an Analyst with Nerac, Inc. as they discuss FDA's enforcement of functional foods using examples of currently marketed products.

You'll learn how to:

- Apply FDA regulations to functional foods
- Incorporate applicable advertising law principles in your marketing efforts
- Gather and evaluate the types of data needed to support health claims for functional foods.

The following RDs will be presenting at the conference:

- Leslie Bonci, RD, Director of Sports Nutrition, University of Pittsburgh Medical Center
- Wendy Reinhardt Kapsak, MS, RD, Director, Health and Wellness, International Food Information Council
- Maria Caranfa, RD, Director, Mintel Menu Insights, Mintel International Group
- Adelaide Geik, RD, Senior Account Supervisor, Food and Nutrition, Edelman Public Relations
- Lisa Sanders, PhD, RD, Nutrition Scientist, Tate & Lyle

### DETAILS

11 CPEU

March 24-25, 2010  
InterContinental Chicago  
O'Hare

Rosemont, Illinois

For more information go to:  
[ift.org/wellness](http://ift.org/wellness).

**Register by March 1  
SAVE \$100**

# Highlights from FNCE Denver, CO 2009

EXPLORE. EXCHANGE. ENGAGE.

The American Dietetic Association's 92<sup>nd</sup> Annual Food and Nutrition Conference and Expo (FNCE) was held in Denver, CO this year. The theme for the annual event was Explore, Exchange, Engage. Highlighted keynote speakers came from various professional backgrounds, including: Suze Orman, who discussed controlling financial destiny; Pamela Jett, who presented information regarding communication skills and how to utilize them to make both professional and personal interactions more rewarding, and; Soledad O'Brien, who elaborated on our changing society and the diversity in our nation. These speakers were worthy of their headlines and were able to give attendees some outside perspective to our profession.

Over the years, I have come to appreciate the variety of offerings FNCE provides. New products to watch for in the supermarket, new research ideas in all areas of dietetics, and a variety of nutrition topics with excellent presenters and researchers that fill the programming each day (we may be the only profession with 6:30 breakfast meetings). I fully appreciate the technological capabilities that allow attendees to review and obtain information on-line about the presentations. I was particularly impressed with the DPG showcase area and the emphasis on helping students become connected to the many offerings of the profession.

Up to the minute information regarding health care reform allowed attendees to appreciate the efforts being made by ADA to make sure RDs are included in the final bill. Research information about probiotics-not all products are alike, and Exercise is Medicine-emphasizing the obvious, but also charging RDs to make sure patients include exercise in their daily health efforts, were two of my favorite presentations. The experience of attending FNCE was, as always, rewarding and informative. The FNCE experience helps ADA members appreciate that our professional organization is working hard to meet the needs of RDs and is a great example of how a professional organization works to provide the best possible event for its members.



## Thanks to our Newsletter contributors:

Melissa Shefler, Newsletter Chair

Janet Millikan, President's Message & FNCE highlights

Kim Kirchherr, Recipe

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