

## Next WSDA Meeting

Monday, January 18  
Webinar: Details to follow!

2.0 CPEU

### Inside this issue:

House of Delegates	2
FNCE 2009	2
National Nutrition Month	3
Governmental Affairs	4
President-Elect Update	5
WSDA Membership Perks	6
WSDA Board Members	7

# West Suburban Dietetic Association NEWS BITES

Volume 5, Issue 1

Fall 2009

## President's Message

Hello WSDA members,

It is hard to believe that it is already fall and the warm summer weather is now behind us. However, the WSDA programming committee has worked very diligently at planning an exciting year filled with great educational opportunities for our members!



We have had a great turnout so far this year for our first two educational meetings in September and October. The topics focused on Nutrition, Disease Prevention, Exercise and Stress Management; Vitamin D Deficiency and Insufficiency; Methods to Successfully Marketing Your Skills for Success; and Soy Nutrition.

Future topic choices include sessions focusing on Flax, Walnuts and other Omega 3 Sources, and an update from our ADA Delegate. As a new opportunity this year, the WSDA Programming Committee has planned a webinar for our January meeting. The topic will be focusing on Weight Management and Obesity Prevention. As we get closer to the date, we will keep all members updated with more detailed information.

In addition, to our monthly presentations WSDA offers 5 additional Continuing Education opportunities at the seminar in February. This year the theme will be "Be in the Know with the Latest in Nutrition and Dietetics". Based on everyone's positive feedback from the seminar last year, the location will again be held at the NIU Outreach Center in Naperville, IL.

For our March field trip, WSDA has planned to volunteer at the Northern Illinois Food Bank in St. Charles, IL and learn more about the Youth Nutrition Backpack Program. In addition, the WSDA National Nutrition Month committee is planning a program that interested WSDA members can participate in. As we get closer to the National Nutrition Month program date, we will be sending out more information.

The tradition continues with our annual end of the year April dinner and awards meeting. The presentation this year will be "Living Well" with a cooking demonstration. All WSDA members are invited to attend this meeting and join one another in recognizing the accomplishments of some of our outstanding members while enjoying excellent food and conversation.

The WSDA Board and Programming Committee hope that you are able to attend some of the great events that are planned for this upcoming year. In order to assist our members in achieving their professional goals, we have tried to provide a wide variety of educational and networking opportunities. As always, we invite your ideas and feedback throughout the year so that our Association remains a valuable part of your professional development.

Have a safe and wonderful year,

Paula Milas Sochacki, MPH, RD, LDN

2009-2010 President



## ADA House of Delegates Meeting

Fall 2009



The fall 2009 House of Delegates Meeting occurred October 16 & 17 in Denver, Colorado in conjunction with FNCE 2009. The meeting was presided by Ethan Bergman, PhD, RD, CD, HOD Speaker. Delegate dialogue sessions focused on health reform and evidence-based practice.

Motions related to the dialogue topics are available via a speaker message at [www.eatright.org/hod](http://www.eatright.org/hod).

## ADA Food & Nutrition Conference & Expo (FNCE) 2009 Denver wrap-up

FNCE had over 7000 attendees and 325 food and nutrition organizations exhibited in Denver. If you were not able to attend this year, FNCE Speaker Handouts are on ADA's Web site. FNCE Audio CDs and MP3 downloads of sessions are also available for sale at [www.eatright.org/fnce](http://www.eatright.org/fnce).

More than 80 Journalists covered FNCE, including *Family Circle*, *Prevention*, *WebMD*, *Health*, *Cooking Light*, *Women's Health*, *Men's Fitness* and *The Denver Post*. Broadcast coverage included Sirius Radio, WDIS-AM (Boston), WYYZ-AM (Atlanta), KCMN-AM (Colorado Springs), KWTX-TV (Waco, Texas) and KIMT TV (Rochester, N.Y.). FNCE received coverage in Reuters, Yahoo!, Forbes.com, Supermarket News, Food Management, Progressive Grocer, Nutraceuticals World and EurekaAlert.

ADA successfully used social media to raise awareness of events and to create an online community. [ADA's Facebook page](#) gained 200 new "fans" in the first two days of the conference, and fans posted and viewed photos of events and commented on them.

Mark your calendars for FNCE in Boston, November 6-9, 2010, and check [www.eatright.org/fnce](http://www.eatright.org/fnce) frequently for updates!

Source: ADA News Bytes, November, 2009

*Mark your calendars...*

*Registered Dietitian  
Day is*

*March 10, 2010!*

## National Nutrition Month® – March 2010 "Nutrition From the Ground Up."

National Nutrition Month® is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Registered Dietitian Day, celebrated on March 10, 2010, increases awareness of registered dietitians as the indispensable providers of food and nutrition services and recognizes RDs for their commitment to helping people enjoy healthy lives.



### Here are some ideas for celebrating National Nutrition Month in your workplace:

- Organize a "healthy recipe" contest among employees. Have the judges be VIPs from your workplace. Award NNM t-shirts, mugs or other items as prizes.
- Distribute coupons for discounts on a healthy meal featured in your cafeteria.
- Decorate the cafeteria with NNM materials. Have the cashier ask every 10th customer to tell them the NNM theme. Give those customers a discount on their meal, a NNM pencil, pen or button.
- Create a "take one" box with a nutrition brochure, NNM bookmarks, Nutrition Fact Sheets, or MyPyramid handout.
- Sponsor a canned food drive, and deliver the food to a homeless shelter or food depository. Reminder: WSDA is taking a tour of the Northern IL Food Bank in St. Charles in March.

Visit [www.eatright.org/nnm](http://www.eatright.org/nnm) for more ideas and free member resources.



Save the date!

ADA's Public Policy  
Workshop Webinar  
Opening Session is  
March 22, 2010

## WSDA Governmental Affairs

Lisa Eaton-Wright

“The Appearance of Power is Power,” a phrase coined by Thomas Hobbes, speaks volumes! ADA needs our collective voice that will not only give the organization the appearance of power, but the substance of power. Remember, it's your profession. Own it! Advocate for it!

There is no better time than the present to engage in advocacy for our profession. Healthcare reform continues to dominate the political scene in Washington. The House is working toward a final bill that could emerge from their chamber any day now. We need to lend our voice to the discussion on the language that will be incorporated into that legislation. There are opportunities in that language for referrals to a registered dietitian for nutrition counseling and weight loss and expansion of MNT and preventive services under the Centers for Medicare and Medicaid Services in the Senate language in Sections 2001 and 2003.

There was a survey of members of Congress asking, “How many letters do you have to receive before you will consider assigning a staff member to work on a problem?” It's 7! Not 70, 700, not even 7000, but 7. Why that magic number? Those 7 constituents could represent just the tip of the proverbial iceberg on an issue.

I give you this anecdotal information for this reason: ADA issued an Action Alert last week to all members asking for you to contact your representative to support inclusion of the above language in the House bill. Did you act? Never in America's history has the access to our government been greater, or simpler! Let's prove Thomas Hobbes right and help ADA appear powerful so it can BE powerful - please ACT when you're called upon for there truly is no time like the present!

Stay informed on all things policy by:

- Subscribing to and reading ADA's Weekly On the Pulse: A weekly e-report on topics that reflect ADA's legislative and regulatory priorities in Washington and the states, as well as reimbursement, science and practice-related matters
- Reading ADA's Policy Initiatives and Advocacy Report: A weekly e-report on current topics under legislation
- Going to the members only section of [www.eatright.org](http://www.eatright.org) and click on Public Policy

Stay Tuned for  
Further Updates  
from the Program  
Committee  
online!

## Update from the Programming Chair/President-elect

By Christine Cliff, MPH, RD, LDN

### February Seminar

WSDA will be again hosting a February Seminar where you can earn 5 CPE's at a nominal cost. The Seminar will be held on Saturday, February 27, 2010 at the NIU Outreach Center in Naperville. The theme selected for this year is "Be in the Know with the Latest in Dietetics and Nutrition." Dynamic speakers will present on such topics as the new Dietary Guidelines for Americans and ASPEN guidelines. A variety of exhibitors will be present for you to network with and learn about their new nutrition resources, products and services.

### March Field Trip

WSDA will be on the road again for its 4th annual field trip. On Tuesday, March 16, 2010, members will venture to the Northern Illinois Food Bank in St. Charles. You will be able to tour the food bank and learn about their nutrition programs and what a great impact they have on the lives of those in the surrounding counties. Also, you will be able to experience first hand how the boxes are packed and prepared for delivery. Please note that the presentation portion of this meeting will start at 6pm. Sign up will be needed for this event as space is limited.

**WE ARE ON THE WEB!**

**[WWW.EATRIGHTILLINOIS.ORG/DISTRICTS/WSDA.ASP](http://WWW.EATRIGHTILLINOIS.ORG/DISTRICTS/WSDA.ASP)**

## WSDA Membership Update

By Michelle Angarita, RD, LDN

Membership in the WSDA continues to rise!! The West Suburban Dietetic Association has a goal of 150 members for the 2009-2010 year and we are nearly there. Currently we have 130 members and counting. At this rate we will meet and exceed our membership goal. Do not forget to tell all of your dietitian and diet tech friends and family about all the fun and continuing professional educational programs and seminars the WSDA has to offer. Feel free to email me with any of your membership questions.

## Perk Up Your WSDA Involvement

By Cathy Leman, MA, RD, LD  
Nominating Chair

Hello WSDA members!

It is with great pleasure that I serve as your Nominating Committee chair for 2009-2010. My job is to identify potential candidates for our 2010-2011 elected executive board positions, compile the list of names for a comprehensive ballot, and make certain that the results are communicated to the membership. So here is my challenge to you. Step up and get involved!

Positions we must fill:

- **President-elect**
- **Secretary**
- **Nominating Committee (4 positions)**

We are so grateful to have you as a WSDA member. But won't you please consider taking the next step and running for a WSDA office? Becoming a member of the board can really "perk" up your involvement in your profession - and here's how:

- 5 outstanding PERKS of becoming more involved with WSDA:
- Meet new people (social perk)
- Make lifelong friends (personal perk)
- Have a strong voice in shaping the future of WSDA (gratification perk)
- Give back to your profession (rewarding perk)
- Grow your network of nutrition colleagues (professional perk)

See! What have you got to lose? Not a thing - but you'll have so much to gain. As an added incentive (as if the above weren't already enough), we will hold a drawing of all names that are tossed into the ring. We'll have a first, second, and third place winner. So, not only will you get your name on the ballot and possibly become the winning candidate, you'll have the opportunity to score a really super prize (we can't yet reveal what that will be, but trust me, you won't be disappointed)!

Please contact me, Cathy Leman, at [nutrifit@sbcglobal.net](mailto:nutrifit@sbcglobal.net) or 630/469-6548 and let me know what leadership position you're interested in running for and I can send you a position description to review.

## WSDA 2009-2010 Board Members

<b>President</b>	Paula Milas Sochacki, MPH, RD, LDN	parasolp@aol.com
<b>President-Elect</b>	Christine Cliff, MPH, RD, LDN	cmlcliff@wowway.com
<b>Past President</b>	Melissa O'Brien, RD, LDN	missyob2003@yahoo.com
<b>Secretaries</b>	Kristen Busche, MBA, RD, LDN Jill Whitney, RD, LDN, CNSD	Busche-Kristin@aramark.com jwhit1020@sbcglobal.net
<b>Interim Treasurer</b>	Julie Davis, MS, RD, LDN	jdavis@ben.edu
<b>Nominating Chair</b>	<i>Cathy Leman</i> , MA, RD, LDN	nutrifit@sbcglobal.net
<b>Delegate / Awards and Scholarships</b>	Diane Sowa, MBA, RD, LDN	Diane_C_Sowa@rush.edu
<b>Government Affairs</b>	Lisa Eaton-Wright	iameatonwright@gmail.com
<b>Historian</b>	Cathy Gavin, MPH, RD, LDN	cgavinrd@att.net
<b>Membership Chair</b>	Michelle McGurn, RD, LDN	mcgurnmichelle@yahoo.com
<b>Publications Co-Editors</b>	Diane Barrera, MPH, RD Susan DuPraw, MPH, RD Michael J. Burghoffer, RD	dbarrera@eatright.org sdupraw@eatright.org mikeburghoffer@gmail.com

## Program Committee

Paula Milas Sochacki, MPH, RD, LDN	Melissa O'Brien, RD, LDN
Christine Cliff, MPH, RD, LDN	Julie Davis, MS, RD, LDN
Cathy Gavin, MPH, RD, LDN	Deepa Handu, PhD, RD, LDN
Kate Loman, RD, LDN	Cheryl Ylinen, RD, LDN
Susan Rainey, RD, LDN	Sonal Chaudhary, RD, LDN