

## NEXT WSDA MEETING

Thursday, April 30, 2009

Go Green on Your Plate:  
Environmental Impacts of  
the Food Choices We  
Make

1.0 CPEU

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WINTER 2009

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## Presidents' Message

Hello, WSDA members!

The new year is in full swing, and I'm hopeful that spring weather is right around the corner.

WSDA has had an outstanding year so far, and there are still exciting programs yet to come. Thank you to everyone that got out of bed on the cold, snowy morning to attend the February Seminar. It was a great day!

This year the WSDA field trip is sure to cure anyone's cabin fever. We'll be hitting the road and going to the Brookfield Zoo. Let's hope for great weather on Saturday, March 21<sup>st</sup>. It's sure to be an interesting program!

Our year-ending April Dinner and Awards Ceremony on April 30<sup>th</sup> will be the perfect way to cap off the year. Everyone is invited to attend "Go Green on Your Plate: Environmental Impacts of the Food Choices We Make" presented by Kimberly Kirchherr, Jewel Osco Dietitian. Watch for more information to come regarding this meeting. We hope everyone makes it a point to join us as we learn and celebrate.

We hope that you've been able to take part in everything WSDA has to offer this year. We are proud to offer quality continuing education hours, several chances to network, and numerous job postings and announcements. If you believe in the tradition of WSDA as much as we do, please consider becoming involved in our next program year. There are several opportunities to lend your talents in the ways you feel most comfortable. Let us know how you'd like to help.

I look forward to seeing you at our final meetings of the year!

Melissa

Melissa O'Brien, MS, RD, LDN  
2008-2009 President  
West Suburban Dietetic Association  
[missyob2003@yahoo.com](mailto:missyob2003@yahoo.com)



## February Seminar: Another WSDA Success!

Paula Milas Sochacki, MPH, RD, LDN

The topic for this year's seminar was "Hot Topics in Pediatric Nutrition" and it was held for the first time at the Northern Illinois University, Naperville campus. We were very fortunate this year to have such an informative group of speakers, and the attendee's response was very positive towards the information presented by each. The speakers and their topics were:



- **Enteral Nutrition in Pediatric Critical Care**  
Charity Assell, MS, RD, CNSD  
sponsored by Nestle Nutrition
- **Short Bowel Syndrome: The Pediatric Perspective**  
Janelle Peterson, RD, LDN, CNSD  
sponsored by Nutricia North America
- **Beyond Reflux: Feeding Intolerance, Aversion and the Interplay of Systems**  
R. Charles Dumont, MD
- **School Nutrition: Impacting Student Wellness Everyday**  
Ivan Petkov and Roxanne Moore, RD, LDN  
sponsored by Sodexo Education

For this seminar we had a wide variety of sponsorship and exhibits. The Midwest Dairy Council was very generous and sponsored our continental breakfast. In addition, we had exhibitors from: Abbott Nutrition, Midwest Dairy Council, Nestle Nutrition, Nutricia North America and Sodexo Education. Also, we were able to acquire donations and raffle prizes from Benedictine University, American Cancer Society, and American Dietetic Association.



As a result of the generous food donations that were collected during the Pediatric Seminar, we were able to bring them to the People's Resource Center in DuPage County. They really appreciated our generosity and wanted to say thank you to everyone that participated in making a difference in the lives of others. In addition, the success of this year's seminar would not have been possible without the volunteerism and help from all of our WSDA Programming Committee members. I personally want to thank everyone that offered their assistance in making a great seminar experience for everyone that attended.



# National Nutrition Month<sup>®</sup>: Activities at Delnor Hospital

Sandie Hunter, RD, LDN, MS

Delnor Hospital in Geneva, IL has shared their plans for celebrating National Nutrition Month<sup>®</sup>. Each week, Delnor dietitians have special activities for employees to participate in. A "Nutrition Tip of the Day" will be featured each day throughout the month. Nutrition information on all cafeteria items will be posted on the employee portal and in the cafeteria and will indicate "Healthier Choices".

A Lunch and Learn will be offered Tuesday, March 24th on "Portion Distortion" at the hospital.

Employees can submit a favorite healthy recipe on the forms provided to the cashier in the cafeteria that may be served in the cafeteria. Each person that submits a recipe that is deemed to be feasible for production, will receive a "100 Calorie Pack" and the chance for their recipe to be used in the cafeteria. Specials in the cafe include yogurt/fruit parfaits, low-fat muffins, and fresh fruit cups. Special nutrition displays on fruits and vegetables, and healthy bean recipes will be available throughout the month.

## Government Affairs

Lisa Eaton-Wright, dietetic intern, Benedictine University

ADA's decision to use an online format allowing more people to participate in the Public Policy Workshop's (PPW) grassroots program was indeed a success. Nearly 5,000 members signed up for PPW sessions, with more than 1,000 members online for the opening session. In the weeks since PPW, several hundred ADA members have expressed support for health care reform, stressing new prevention priorities. Stay abreast of what is happening by subscribing to *On the Pulse*, a weekly online newsletter informing ADA members of developments affecting food, nutrition and health. You will find that link on the ADA website under the Advocacy & the Profession tab.

Please support the ADA when you receive an *Action Alert*. These are opportunities to mobilize the many ADA members to reach out to their legislators by asking them to support issues that are important to you - their constituents - and our profession. Use the ADA's Grassroots Manager and start asking. It takes less than 5 minutes. Health care reform is a key policy area that the new administration will be tackling in the coming months. Nutrition services should be offered as part of any health care reform - it is the cornerstone of prevention. One of this year's PPW speakers urged RDs to "own your profession." So own it - advocate for it!

While IDA will not be hosting an official "Lobby Day" this year, plans are underway to organize a campaign of RDs and dietetic students/interns to visit their legislators in their home districts. I am sure this comes as disappointing news to those Lobby Day diehards; however, the crisis in our state government and the current economic climate are not conducive to a visit to Springfield. Please stay tuned for more information on how you can help further the grassroots efforts of ADA through informed advocacy by nutrition experts!

For more information on Public Policy Issues, visit the ADA Web site at [www.eatright.org](http://www.eatright.org), and click on the green Advocacy & the Profession tab.

**Enhance  
Your  
Advocacy  
Skills...Read  
ADA's  
Action  
Alert!**

# Membership Update

Megan Murphy, MPH, RD, LDN

We are looking forward to our pediatric seminar as well as the March field trip to the Brookfield Zoo. The zoo trip should be a very interesting and unique experience. As of the first of the year the membership directory went online. I have also added login capability to all members as of this publication date. To access you need to put in your last name and your ADA number. If you have any problems, please let me know.

Our membership is at 151 members at this time which is down from 162 members this time last year. Given the current financial climate, we are proud of these numbers and the dedication of our members. Also, since we opened up the discounted membership, we have added a half dozen new members in the last month. We have also added around 30 new members to our roster this year which is astounding. I have chosen to profile a few of those new members in this newsletter and they include, Thomas Talbert, Sonya Kaster and Kelly Knopf.

Thomas Talbert is an RD with a very interesting job with the background to match. Thomas began his nutrition education path in culinary school with setting his sights on being a chef. However, along the way, he began to be intrigued with more than the taste and pleasure of foods but with the functional roles of foods. His interest in the “chemistry and food principles” lead him to pursue a Bachelors of Science in Culinary Nutrition at Johnson & Wales University in Providence, Rhode Island, the only ADA accredited culinary program. After completing a dietetic internship at the University of Alabama in Birmingham, he worked at the University of South Alabama Hospital developing a new 7 day patient menu that fit various diet needs and typical preferences of the patient population.

Currently, Thomas is the Senior Culinary R&D Manager at Culinary Sales Support, Inc in Chicago, IL. In this position, Thomas works with food manufacturers to develop new products. He also works with national restaurant chains including McDonalds, Uno’s Pizzeria and O’Charleys creating culinary demos to help them in the process of developing new menu items. In this position, he also works with Foodservice Management Companies including Aramark, Morrison and Sodexo in recipe modification and new menu development. In the future, Thomas would like to continue to “influence the food choices that people make in a positive manner”. Aside from his career, Thomas is a new homeowner and which keeps him busy. In his spare time he and his wife enjoy visiting flea markets and estate sales in the search for rare kitchen artifacts.

Sonya Kaster, RD, LDN, SNS, found nutrition as a second career and understands how life gives us opportunities to reinvent ourselves. Sonya received her Bachelors degree in Human Nutrition and Foods from the University of Houston where she also completed her internship. After her internship, Sonya worked at two school districts in Texas as Assistant Director and became credentialed by the School Nutrition Association as a School Nutrition Specialist. After that position, she became the Community Nutrition and Fitness director for the Oliver Foundation, a 501 (c) 3 non-profit in Houston, Texas. She continued her work in attaining a healthy school environment by facilitating a 1.5 million dollar grant awarded to the Fort Bend Independent School



District with the main goal of preventing childhood obesity. While there Sonya worked with parents, teachers and administrators to illustrate how to be role models for change and had her hand in a 6 year longitudinal study that followed a kindergarten class through the elementary school years. Sonya also worked as media liaison and participated on a discussion panel for the local PBS and radio station while on the steering committee for Texas Action for Healthy Kids.

Currently Sonya owns her own consulting business in Naperville called PHX consulting. She says she always gets questions about the name of her company. Sonya states that the meaning is derived from “phoenix”, the symbol of rebirth. Since she has moved to Illinois from Texas she has felt that she has not only physically moved to a new location, but also has found a rebirth in her career. Also, she feels that her role as a wellness consultant helps her clients “recreate themselves to fly again in a healthy way”. In addition, Sonya is a free lance writer and public speaker. She thoroughly enjoys the control she has on her career though self employment it is not without challenges. In the future, Sonya would like to be more involved in schools and community nutrition in and around Naperville. She also would like her motivation speaking to help her branch out to wellness coaching and corporate wellness. Sonya resides on Naperville with her husband and her yellow lab, Layla. In her spare time, she is a member of the Naperville Writers Group and searches for great Tex-Mex restaurants in the Chicagoland area.

The last but not least the next new member I would like to profile is Kelly Knopf. Kelly also has found nutrition as a second career. A few years ago, Kelly decided to improve her health through sensible diet and exercise. She says that eating healthy made such a difference in her energy and wellness that she decided to combine her love of healthy cooking and eating habits with sharing with others into a career. Kelly has an Associates of Applied Science from Harper College in Palatine, IL in Medical Assisting. For 8 years after, she was employed in an Internal Medicine office working with doctors and patients. After her third child was born, she became a stay at home mom and says she missed the “patient interaction”. Currently Kelly is a student at Benedictine University and will graduate in May of 2010, she then plans to get an internship and a Masters degree.

Kelly has a personal interest in becoming a diabetes educator but is hoping that her internship will also present other career possibilities. She says she would like to be based in a clinical setting in private practice. Kelly is the mother of 3 girls and she hopes her interest in a healthy lifestyle will be instilled in them. She also would like to be a role model for her girls in her commitment to getting her degree later in life to show them they can do anything they want to do. She enjoys reading, cooking and volunteering at her daughters’ school. She also volunteers at food pantries/Feed My Starving Children and teaches dance lessons at Cadillac Ranch in Bartlett, IL.

Thank you so much to our new members for letting me profile you! We look forward to meeting you.

If you would like to contact me regarding membership, please contact me at [megcmurphy@hotmail.com](mailto:megcmurphy@hotmail.com).

**Meet some  
of WSDA’s  
newest  
members!**



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# Illinois Dietetic Association: Spring Assembly 2009

April 24-25, 2009  
Marriott Chicago Oak Brook  
1401 West 22nd Street  
Oak Brook, Illinois 60523

Registration form available on [www.eatrightillinois.org](http://www.eatrightillinois.org)  
Early bird registration ends April 2nd

Early Bird Registration Rates				
Day(s) Attending	* ADA Member Rates	Non-members	**Students	IDA Board/ Committee Members
2-day	\$185	\$240	\$125	\$155
Friday only	\$110	\$140	\$85	\$95
Saturday only	\$75	\$100	\$140	\$60