CIAND Newsletter

October 2021

Central Illinois Academy of Nutrition and Dietetics

President's Message

First, I would like to thank our 2020-2021 CIAND board for all of their hard work during the past year. We owe a big thank you to our outgoing CIAND president, Desiray Yeaw, for leading us through a very successful programming year despite the challenging pandemic.

My name is Sarah Coyle, and I am honored to have the opportunity to serve as the CIAND President during the 2021-2022 term. Just like all of you, I am passionate about our profession, which is helping not only our friends and family, but our community as a whole live healthier lives through nutrition. I couldn't be more excited to be a part of making an impact within the Central Illinois district among many registered dietitians who I have looked up to over the years. My main goals to accomplish this year are: to enhance our knowledge in evidence based nutrition across all members and to increase our community nutrition outreach through various local organizations.

Our incoming board of directors and I are all excited to get the year off to a great start! CIAND offers multiple opportunities throughout the year including eight continuing education offerings, getting involved in community nutrition, volunteer and fundraising programs, and social networking events. We would love for you to become a member today and become a part of our CIAND family! The CIAND is always looking for new, creative individuals among our members who can flourish into leaders.

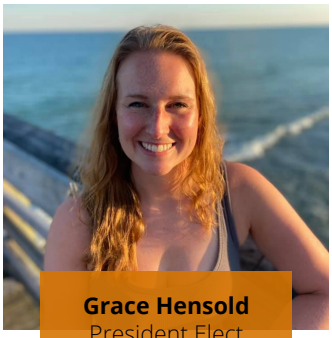
Last year we exclusively had virtual meetings, which proved to be very successful in engaging our members. We will continue to follow CDC recommendations for any in person meetings and would like to continue having virtual offerings as well.

I look forward to getting to know all of you during this year and please do not hesitate to reach out with any questions you might have.

Sincerely,

Sarah Coyle, RD, LDN
CIAND President
2021-2022

Meet the CIAND Board

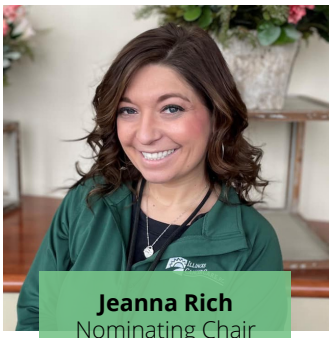


Grace Hensold
President Elect

Sarah Deig
Secretary

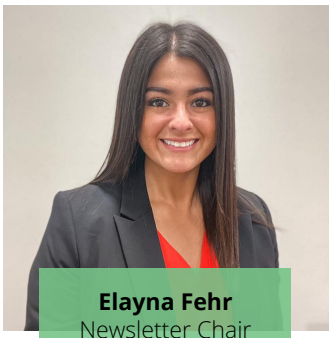
Monica Nyman
Treasurer

Ashley Mathewson
Membership Chair

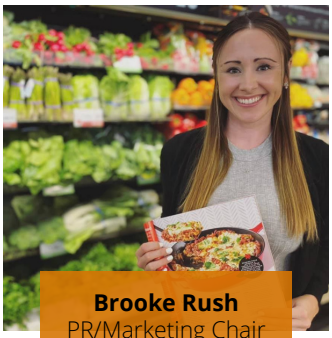


Jeanna Rich
Nominating Chair

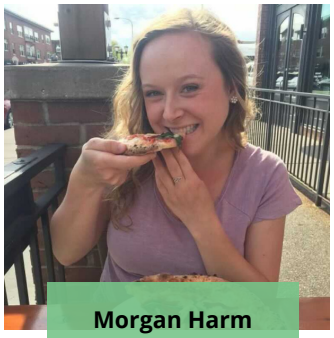
Jennifer Hubert
Scholarship Chair



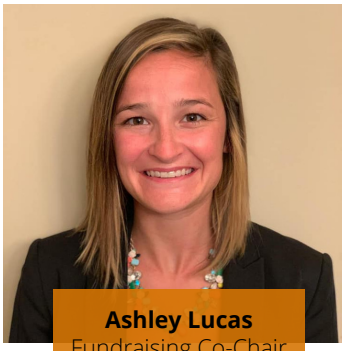
Elayna Fehr
Newsletter Chair



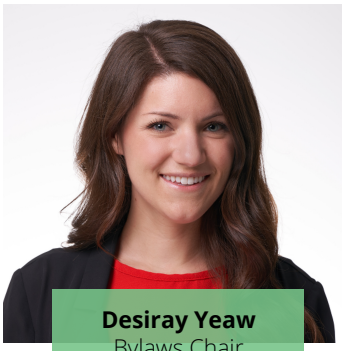
Brooke Rush
PR/Marketing Chair



Morgan Harm
Public Policy Chair



Ashley Lucas
Fundraising Co-Chair



Desiray Yeaw
Bylaws Chair

Caroline Bubulka
Nominating Committee

Staci Coussens
Nominating Committee

Ways to get involved

Interested in being more involved with the CIAND this year? Consider joining a committee! If you want to improve your skills in the areas of professional writing, fundraising, public policy, advocacy, graphic design, marketing, social media, or event planning then joining a committee might be for you!
Email eatrightciand@gmail.com for more information.

2021-2021 Committees

Bylaws

Fundraiser

Program

Newsletter

Public Relations & Media

Scholarship & Awards

Legislation & Public Policy

Board of Directors Opening Position:

Fundraising Co-Chair

Upcoming Events

CIAND Social/Continue Education Event

- Come join us for our CIAND Fall Social Event! This social event will be a viewing party for the sexual harassment training requirement for our IL Licensure.
- Each member will need to sign up and pay at https://www.eatrightillinois.org/sexual-harassment-training
- IAND offers a $10 discount for IAND members
- CIAND will offer an additional $10 discount to those members who attend the social event for a total of 50% DISCOUNT for this training. The $10 from CIAND will be provided to you at the event
- Please make sure you RSVPed to the event (link found in CIAND email sent 10/04/2021)
- Location/Time: Lariat Steakhouse (2232 W Glen Ave Peoria, IL 61614) @ 5:30pm

Fundraising Event: Workout & Wine Down

- This is a local event sponsored by Hopedale Medical complex to benefit the Tazewell County Breast Cancer Foundation
- Location/Time: Mackinaw Valley Vineyard @ 5:00pm
- Cost is $25, will be collected the night of the event
- This event will include a 30-minute workout for all levels, free wine tasting, and drawing entry for prizes
- Those who signed up by Oct 8th are guaranteed a t-shirt, but sign-up and attendance can take place leading up to the day of the event
- Please contact Jenn Hubert with any questions (jenn.hubert16@gmail.com

Winter CIAND Board of Directors Meeting & CPE Meeting

- Board meeting will start at 5:30pm followed by CPE at 6:00pm
- Location: Morton Public Library (315 W Pershing St. Morton, IL 61554
- CPE Topic: Hands-on nutrition focused physical exam workshop
- Presented by Ashley Mathewson MS, RD, LDN

IAND Awards

Do you have a colleague, student, or mentor who has left a lasting impact on our community and profession? Please consider nominating them for one of the state-level recognition awards. There is truly an award for anyone - student/intern, NDTR, newly practicing RDN, and seasoned professionals. We would love to highlight members from our district for their hard work and leadership!

Award winners will be announced during the annual Spring Assembly, receive a congratulatory letter from the AND President, and will have their named listed in the fall issue of the AND Journal. Please send any nominations to eatrightciand@gmail.com

Outstanding Dietetics Student
December 21, 2021
Recognized Young Dietitian of the Year
January 15, 2021
Recognized Dietetic Technician of the Year
January 15, 2021
Emerging Dietetic Leader
January 15, 2021
Outstanding Registered Dietitian of the Year
January 15, 2021

PEORIA GROWN

Peoria Grown is looking for RDNs or even interns that would like to teach their cooking classes. The majority of the classes are kids classes, and their focus for the class is increasing consumption of fresh produce and emphasis on MyPlate for portion control. All of these classes are in the Peoria area only.

Peoria's Grown's process is straightforward:

- The RDN will email 2 recipes 1 week before class using a specific template
- The class size is 5-7 participants, and they will try to get the age range if possible
- The budget for the class is $150 - which includes take home bags of ingredients for participants
- Recipes should be budget friendly and, if possible, utilize commodities that are commonly available in food pantries. One recipe should have meat. Once they receive the recipes, Peoria Grown will shop and deliver all the ingredients to the locations, and will ensure that they kitchen has everything they need.
- Please reach out to Julie for any additional questions at 309-363-3200 or by email at julieeliathamby@gmail.com
- A Google Drive sign-up sheet is available. Please reach out to eatrightciand@gmail.com if you need access to this document.

Registered Dietitian Spotlight

Golda Ewalt MS, RD, LDN, CEC

1. Tell us about yourself

I've been the Director of Food and Nutrition Services at Saint Francis for about 3 ½ years. OSF has been a wonderful place for me to advance in my career since starting in 1995. I've been a clinical dietitian, Diet Office Manager, Catering Manager, Dietetic Internship Program Director before entering my current role. In 2009 I went back to school at Illinois Central College and received my Associate's Degree in Culinary Arts. This was an incredible journey and in 2017 I became an American Culinary Federation Certified Executive Chef. I followed in my late mother's footsteps. She was a registered dietitian and worked for OSF as the Director of Dietary at Saint Mary Medical Center in Galesburg for 35 years.

2. What do you do as a dietitian & what's you're favorite part about your job?

I have an amazing leadership team at OSF that I get to work with every day. We faced so many challenges during the pandemic and grew together as a team. I have grown in the area of financial management since becoming director and worked on lots of interesting projects. One of the latest projects has involved designing the new teaching kitchen at the Comprehensive Cancer Center that is being built on our campus. We are also working on a new combined Enteral and Milk Lab to provide the best care for our patients. I really enjoy all the people that work in Food and Nutrition that make it all happen! Our dishwashers, cooks, supervisors, ambassadors, leads, trayline staff, caterers and supply clerks work hard every day to serve our patients. I'm very proud of the team and what they accomplish day in and day out.

3. What's your favorite food/recipe and why ?

I love the seasonality of locally grown foods. I celebrate the produce grown locally and love to create new dishes based on what's in season. I love fresh herbs and edible flowers! Veggies taste differently when eaten raw, in soup, roasted or grilled. You can't beat them for their peak flavor, texture and nutrients! I also love learning how to make fermented food. I've made sauerkraut, kimchi, Kefir, kombucha, apple and pear cider vinegar, miso, mustard, koji butter, hot sauce and pickles. It's lots of fun to have something fermenting on the kitchen counter!

4. Any advice you'd give current interns?

Network with other dietitians of all ages in different careers. Listen to their stories and advice. Volunteer often and most of all enjoy what you are doing! Our career offers many different pathways. Don't forget to have fun along the way. Smile during presentations. Love food!!!

Dietetic Intern Spotlight

Jessica Manginelli (OSF Intern)

Questions answered include:

A) Tell us a little about yourself (ie Where are you from, hobbies, interests, etc.).
B) What internship are you participating in and share some highlights from your internship?
C) What area of dietetics are you most interested in?

Hello, I am Jessica Manginelli! I graduated from the University of California, Davis in June 2020 and grew up in southern California in a town near Santa Barbra. In college I joined the rowing team and fell in love with the sport and competition. I had been an athlete my whole life, playing a variety of different sports, and this is where my interest in dietetics grew. I became very interested in how I can improve my performance and looked towards nutrition for answers. Now, as a retired athlete, I see how many different nutrition related challenges this population faces and I am excited and motivated to be of service to them as a registered dietitian.

In my free time I run an Etsy business where my girlfriend and I create artistic handmade journals for people. I also really enjoy sewing, thrifting clothes/ household goods, and watching movies or TV shows with my cat.

I am currently four months into my dietetic internship at OSF Saint Francis and have almost completed my clinical rotation. Before starting this internship I gave myself a goal to try not to have expectations or assumptions about different rotations and to hopefully find an area of dietetics that I get surprised by. At this point, that would be how my MNT experience has been. I originally did not see myself drawn to clinical dietetics, as I knew I was interest in sports nutrition and private practice, but I found myself really enjoying the critical thinking required and just being able to expand my medical knowledge in general. Also, all of my preceptors and fellow interns have been so encouraging and supportive, making the experience even more positive. I am excited to start my community rotation in a few weeks and see what other niches spark my interest!

OSF HEALTHCARE

Nutrition in the News

A Message from the IAND President regarding licensure renewal:

The Illinois Department of Financial and Professional Regulation (IDFPR) website lists our profession as not currently in licensure renewal status. The Illinois Academy is well aware of this and continues to monitor the situation as closely as possible. The information we have been provided is that IDFPR has been undergoing website updates while also experiencing staffing limitations which has created an overall department burden and the need to possibly extend the licensure renewal deadline for our profession beyond October 31, 2021. However, the renewal deadline extension currently remains only a possibility and has not yet been confirmed by IDFPR. Your patience is appreciated while we continue to monitor this situation and wait for further information from our IDFPR Liaison.

ALL association members are encouraged to monitor the IDFPR website for the most current updates. Please reach out to IDFPR directly with questions and concerns regarding your personal licensure renewal status.

Sara Umphfleet, MPP-D, RD, LDN
Illinois Academy President, 2021-2022

World Food Day

October 16th is World Food Day with the Food and Agriculture Organization of the United Nations. Celebrated across 150 nations, World Food Day aims to promote awareness and action for those that suffer from hunger and help to ensure healthy diets for all. Learn more about World Food Day and how to get involved here: http://www.fao.org/world-food-day/about/en/

The Nutrition CARE Act

The Nutrition Counseling Aiding Recovery for Eating Disorders Act (also known as the Nutrition CARE Act), was first introduced to Congress in 2019 and has been reintroduced for the 117th Congress. This bill aims to expand Medicare Part B medical nutrition therapy coverage to eating disorders. If this bill is important to you, reach out to your members of Congress to let them know that our profession and individuals with eating disorders would benefit from the expansion of MNT. More information about the Nutrition CARE Act can be found here: https://www.eatrightpro.org/advocacy/legislation/all-legislation/nutrition-care-act

Nutrition in the News

Job Posting:

Clinical Dietitian
OSF St. Francis
Peoria, IL

POSITION SUMMARY:
A Clinical Dietitian is an expert in human nutrition and medical nutrition therapy. The Clinical Dietitian assesses nutritional status of patients based on their individualized needs and goals and develops and implements corresponding nutrition care plans. The role of the Clinical Dietitian is to evaluate current nutrition status, formulate interventions, reassess for changes and record ongoing nutritional progress. The Clinical Dietitian is an integral member of the interdisciplinary team, and helping patients and their support system to ensure patient-centered care is achieved

Apply Here: https://www.osfcareers.org/jobs/35790?lang=en-us

CPE EVENT

On September 9th two of CIAND's very own members hosted the first CPE event. Thank you to all who were able to join either virtually or in person for our first CIAND meeting at the Hult Health Center. A HUGE thank you to both Grace and Jeanna for sharing their knowledge on home nutrition support!

The Flavors of Fall

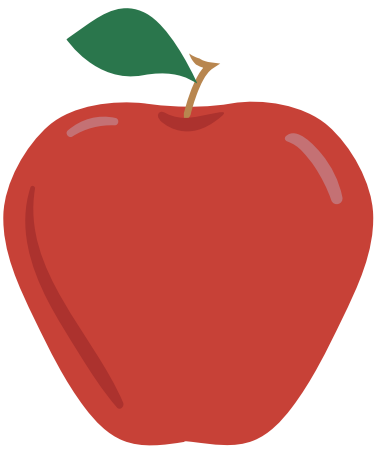
Amelia Marino

Every year, as we say farewell to the long sunny days and heat of summer, we eagerly anticipate the beginning of fall. We wait for the colors to change, watching as red, orange, and gold decorate the trees. We look forward to Friday nights under the lights, ghost stories around a crackling fire, and seasons of thanksgiving. We are on a mission to experience fall with all our senses, but most importantly, we look forward to the flavors that it brings. The fall harvest, full of flavorful, fresh produce, offers a bounty of benefits to enjoy. Add these fall foods to your shopping cart this year.

PUMPKIN

This fall food is one of the best sources of beta-carotene, an antioxidant that gives pumpkin its bright orange color. Beta-carotene is converted into vitamin A in our bodies. The benefits of vitamin A are wide reaching, and they play an influential role in brain function, vision, and immunity. Pumpkin is also high in potassium, an electrolyte that is involved in the function of multiple body organs. Potassium also plays an important role in hydration, helping to keep our blood pressure in check and restoring our electrolyte balance after vigorous exercise. Try using pumpkin as a substitute during baking or add it to your smoothie or oatmeal in the morning.

APPLE

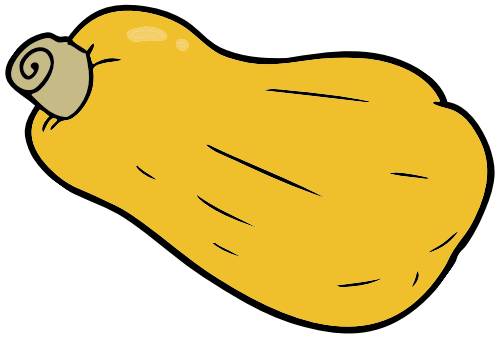


Apples are an excellent source of fiber, both soluble and insoluble. Fiber offers a variety of different health benefits, including helping to maintain proper blood sugar levels and promoting good gut health. Apples are also high in phytochemicals, such as quercetin and catechin, in addition to containing vitamin C. These nutrients help reduce inflammation, in addition to promoting immune function. Pair an apple with peanut butter or a piece of cheese to control your blood sugar and prevent those afternoon sweet cravings. Don't forget to add apples to your yogurt in the morning or chop them up and add them to a salad for lunch or dinner.

The Flavors of Fall

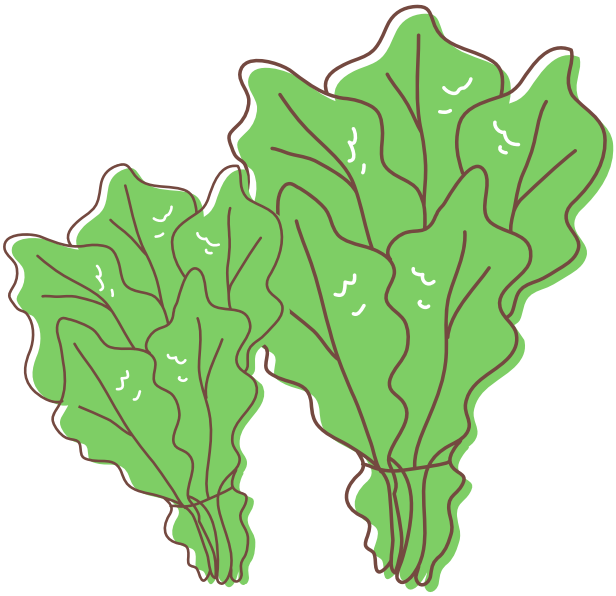
Amelia Marino

BUTTERNUT SQUASH



Butternut squash is a low-calorie, fiber rich winter squash that is full of essential vitamins, minerals, and antioxidants. It is rich in vitamin A, C, potassium, and magnesium, in addition to containing a variety of B-vitamins. Butternut squash is also thought to play a role in heart health due to the presence of the carotenoid zeaxanthin. This versatile vegetable can be eaten hot or cold and it is delicious on its own or added to a dish. Add roasted butternut squash to your salad, or puree it to make a butternut squash soup.

KALE



Kale is a nutrition superstar due to its high amounts of vitamin A, K, C, calcium, copper, and manganese. It is a member of the cruciferous vegetable family, along with other vegetables such as broccoli, Brussel sprouts, and collard greens. These vegetables are thought to offer a variety of different health benefits, including lowering the risk for various types of cancer. Kale is also low in calories. One cup of raw kale has only 8 calories, making it a diabetes and weight-friendly vegetable. Kale holds it texture well when cooking, so it can be steamed, fried roasted, or eaten raw. It can be added to smoothies, baked into chips, blended into soups, or even mashed into potatoes.