



Illinois Academy  
of Nutrition  
and Dietetics

# 2023 VIRTUAL SPRING ASSEMBLY

## Topics :

- Social Media Ethics
- Stress Management
- Maternal - Fetal Nutrition
- Microbiome
- Food Insecurity - Nutrition Rx
- Latine Cultural Foods

Day 1 3/15/23 5-7 pm

Day 2 3/17/23 12-2 pm

Day 3 3/22/23 3-5 pm

Day 4 3/24/23 12-2 pm

**100%** **8**  
**ONLINE** **CE'S**

Opening session to include presentations from:

- Academy of Nutrition and Dietetics
  - Lauri Wright PhD, RDN, LD, FAND, President-Elect
- IL Academy
  - Tina Lam MS, RD, LDN, CDCES, President

Register now at : <https://www.eatrightillinois.org/spring-assembly>

## THE SPEAKER LINEUP



DAY 2

**Drew Hemler**  
**MSc, RD CDN FAND**

Presentation:  
Tweet, Snap, Post, Share:  
Ethical Practice in Social Media



DAY 2

**Crystal Cederna-Meko**  
**PsyD**

Presentation:  
Stress Management for Dietitians in  
the Post-COVID Era



DAY 2

**Nicole Jeanette Franklin**  
**PsyD ABPP**

Presentation:  
Stress Management for Dietitians in  
the Post-COVID Era



DAY 3

**Shelby Hernandez**  
**RD LDN CLC**

Presentation:  
Maternal Fetal Nutrition - Guidelines  
Through Pregnancy and Breastfeeding



DAY 3

**Ellen Karlin**  
**MMSc RDN LDN FADA**

Presentation:  
Food for Thought: Diet and the Oral  
Microbiome



DAY 4

**Elizabeth Hassinger**  
**MS RD LDN**

Presentation:  
Tackling Food Insecurity One Produce  
Prescription at a Time



DAY 4

**Amy Carie**  
**MS RD LDN**

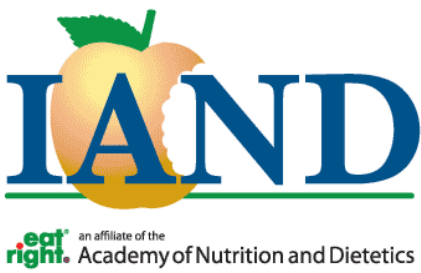
Presentation:  
Tackling Food Insecurity One Produce  
Prescription at a Time



DAY 4

**Krista Linares**  
**MPH RDN**

Presentation:  
Adapting Nutrition Guidelines to Latine  
Cultural Foods



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# ACADEMY OF NUTRITION AND DIETETICS PRESENTATION

Topic: Public Policy and Advocacy

Day 1 3/15/23  
5-6pm CST

## Lauri Wright PhD, RDN, LD, FAND

Academy of Nutrition and Dietetics  
President-Elect

Wright is the chair of the department of nutrition and dietetics, director of the Center for Nutrition and Food Security and co-director of the Doctorate in Clinical Nutrition at the University of North Florida. Her specialties include food insecurity and its health impact, global nutrition, senior nutrition and the nutritional needs of people with AIDS.

Wright formerly worked as a clinical dietitian at the Veterans Administration, providing medical nutrition therapy for veterans with chronic disease and was a dietetic internship director. Wright is a media spokesperson for the Academy; a past Speaker of the House of Delegates; past president of the Florida Academy of Nutrition and Dietetics and a former board member of the Accreditation Council for Education in Nutrition and Dietetics.

Wright is a graduate of The Ohio State University. She earned a master's degree from Case Western Reserve University and a doctorate from the University of South Florida.



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# ILLINOIS ACADEMY OF NUTRITION AND DIETETICS PRESENTATION

Topic: IAND Updates and Licensure

Day 1 3/15/23

6-7 pm CST

Tina Lam

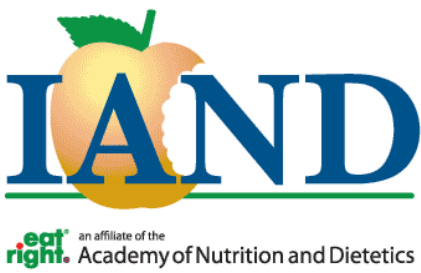
MS, RD, LDN, CDCES

Illinois Academy of Nutrition and Dietetics  
President

Tina Lam is currently an Instructor and Assistant Director of the Dietetics Coordinated Program at University of IL, Chicago. She enjoys working with all of the UIC students, interns, and preceptors at the various sites that the students go for supervised practice.

She's also the past IAND Diversity Liaison and one of the past-presidents of the Chicago AND.

In her free time, she enjoys spending time with her husband and baby boy, Jaxson. She also enjoys being outside whether it's in her garden, playing tennis, biking, or walking her dog. She's also a foodie and loves to try new recipes and all the amazing restaurants Chicago-land has to offer.



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# TWEET, SNAP, POST, SHARE: ETHICAL PRACTICE IN SOCIAL MEDIA

Day 2 3/17/23  
12-1 pm CST

Social media is a viable strategy for building an online audience, engaging with digital communities, and promoting health services. However, credentialed health practitioners are bound to ethical and professional practice in relative environments, including Instagram, Facebook and the like. Attend this session to build confidence in content creation and engagement by applying the Code of Ethics and Standards of Professionalism while critically evaluating common dilemmas in nutrition communications.

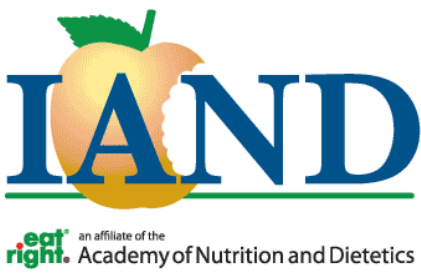
## Drew Hemler MSc, RD CDN FAND

Drew Hemler (he/him) is an award-winning and international registered dietitian. He provides nutrition education and counseling services for individuals and groups; and consulting, communications, professional development, and program planning services for non-profit & corporate clientele through Ontario, Canada and the U.S.

Drew serves as a Dietetics Lecturer and Graduate Program Advisor for SUNY Buffalo State, helping building student know-how in ethical practice and the dietitian's scope and standards of professional practice.

Drew has presented on ethics at local, state, and national levels, helping health care practitioners apply ethical principles to common social media and practice dilemmas.

Drew has served as a leader for national & state dietetic organizations for 10 years, including the C.D.R.; the Academy's Center for Lifelong Learning; the College of Dietitians of Ontario; and as the former NY State Academy's Social Media Manager, Communications Editor, and annual conference Chair. Drew celebrates dietitians in all areas of practice and is a proud Fellow of the Academy of Nutrition and Dietetics.



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# STRESS MANAGEMENT FOR DIETITIANS IN THE POST-COVID ERA

Day 2 3/17/23  
1-2 pm CST

Team members of the nutrition services department work in settings that have undergone considerable evolution in the wake of COVID-19. Given our new reality, which includes changes in service delivery methods and practicing with limited resources, routinely engaging in stress management strategies is now an ethical imperative. This 1-hour didactic will briefly review key drivers of stress experienced by dietitians and focus on teaching practical stress management strategies. The session will end by assisting attendees in setting personalized stress management goals and in recognizing signs that professional assistance with stress management is needed.



## Crystal Cederna-Meko PsyD

Crystal Cederna-Meko, PsyD is a Pediatric Psychologist and Director of Pediatric Behavioral Health at Hurley Medical Center in Flint, MI. An Associate Professor in the Department of Pediatrics at Michigan State University's College of Human Medicine, Dr. Meko has led over 75 trainings at regional, state, and national levels. Her areas of expertise span developmental-behavioral pediatrics, clinician and provider wellness, interpersonal and communication skills, medical education, and health promotion & related behavior change.



## Nicole Jeanette Franklin, Psy.D., ABPP

Nicole Jeanette Franklin, Psy.D., ABPP is a board certified Clinical Health Psychologist and the Assistant Medical Director at the McLaren Bariatric and Metabolic Institute in Flint, MI. She is a veteran of the United States Air Force and has an academic appointment within the Department of Psychiatry at Michigan State University's College of Human Medicine. Currently, Dr. Franklin's professional interests include weight management, wellness, and diversity training.



## Shelby Hernandez RD LDN CLC

Shelby is a Clinical Dietitian with Northwestern Medicine and recently celebrated her 4 year anniversary in this role. Prior to joining the Northwestern System, she completed her Undergrad at Illinois State University and her Dietetic Internship at OSF Saint Francis in Peoria, IL.

She recognized an interest in Maternal/Fetal nutrition during her Nutrition Through the Lifecycle class and this passion has only grown along the way. She spent as much time as she could on the OB unit at OSF and enjoyed providing nutrition care for the high risk pregnancy women as well as postpartum moms. After completing her internship, she continues to explore where her career can go with this niche - she has held her CLC certification for over 3 years and is currently working on expanding nutrition services provided to women on the inpatient OB unit as well as in the outpatient setting.

Outside of her career, Shelby prioritizes time with her family; she loves camping, being on the lake. Shelby's family grew this last year when her and her husband welcomed their son Rowan - Becoming a mom and breastfeeding has given her amazing new perspectives that she has been able to apply to her work with pregnant and lactating women.

# MATERNAL FETAL NUTRITION - GUIDELINES THROUGH PREGNANCY AND BREASTFEEDING

Day 3 3/22/23

3-4 pm CST

A presentation review of nutrition recommendations through fertility, pregnancy, and lactation.

Presentation to include applications/serve as a resource for the clinician, including the following fertility & nutrition topics:

- Ways nutrition can promote fertility
- Nutrition Through Pregnancy
- OB Lingo Basics
- Estimated Nutrient Needs
- Foods to be Avoided
- Common Nutrition Concerns
- Postpartum/Breastfeeding
- Nutrition Benefits of Breastfeeding
- Contraindications to Breastfeeding
- The Anatomy of Breastfeeding
- Failed/delayed Lactoneogenesis
- Nutrient Needs While Breastfeeding



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# FOOD FOR THOUGHT: DIET AND THE ORAL MICROBIOME

Day 3 3/22/23

4-5 pm CST

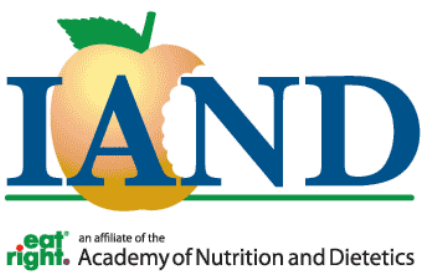
This program will cover the bi-directional relationship between diet and oral health. Emerging science has identified several key nutritional components essential for oral and systemic health. This program will share the evidence-based research surrounding individualized nutritional guidance to dental patients across their entire lifespan. This course will present a comprehensive program for incorporating nutritional screening and counseling from a registered dietitian, into existing dental practices.

## Ellen Karlin, MMSc,RDN,LDN,FADA

Ellen Karlin is a nutrition consultant with vast personal and professional knowledge in nutrition, food allergy, and dental health. She was a nutrition consultant to dental healthcare professionals in Owings Mills, Maryland, and a nutrition consultant at the Comprehensive Asthma and Allergy Center for over 30 years.

Ellen holds a Master of Medical Science degree in nutrition education from Emory University. She became a fellow of the American Dietetic Association in 1999. Ellen is a spokesperson for the American Dairy Association North East and a nationally recognized speaker. She has delivered numerous webinars and is a nationally invited speaker at healthcare conferences.

She was the co-author of “Dental and Oral Considerations in Pediatric Celiac Disease” published in *J Dent Child*, in May 2016. Ellen has contributed to a variety of other resources, including “Trendy Diets and Oral Health” published in *Access Journal*, in December, 2019.



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Elizabeth  
Hassinger,  
MS,RDN,LDN

# TACKLING FOOD INSECURITY ONE DAY PRESCRIPTION AT A TIME

Day 4, 3/24/23  
12-1 PM CST

In our society today making the healthy choice is often more difficult than making the easy unhealthy choice when it comes to the foods we eat. Our prescription produce program aimed to change that, to make the healthy choice the easy choice and with that help to lower the health disparities that go hand in hand with food insecurity. We want to show you how this innovative program links the social determinates of health to food insecurity, which in turn promotes a low cost primary healthcare incentive.

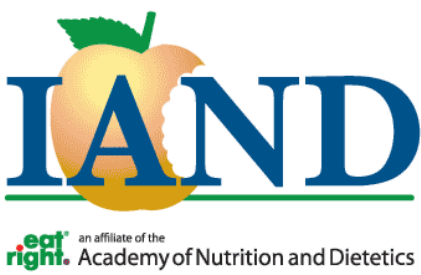
Elizabeth began her professional career as a dietitian at Crossing Healthcare, a federally qualified health center, which offers high quality medical care to the medically underserved. We currently serve 17,000. 10% of our population are diabetic; many of our programs are targeted toward them. We offer ADA accredited DSME classes and CDC based diabetes prevention program. We have weight loss programs for both teens and adults in conjunction with workout classes and one on one visits with the dietitian. Elizabeth graduated from Eastern Illinois University in December of 2013 where she earned her bachelor's degree in Family Consumer Science with a concentration in Dietetics and a minor in psychology. Elizabeth completed her dietetic internship at Eastern Illinois University. During this time Elizabeth was a graduate assistant for Sun-Maid Raisins. Elizabeth completed her internship at Presence Covenant Medical Center and graduated in August of 2015 with her Masters of Science in Nutrition. Elizabeth's passion lies in community nutrition. During her undergraduate internship she had the opportunity to work with the staff and clients of Crossing Healthcare and after this experience she knew she wanted to work with this population to help them live longer, healthier and happier lives.



Amy Carie,  
MS,RD,LDN

Amy is a Registered Dietitian at Crossing Healthcare. Crossing Healthcare is a Federally Qualified Health Center offering high quality, comprehensive and affordable care to the medically underserved population of Decatur, IL. Amy's role at Crossing Healthcare is to provide medical nutrition therapy and nutrition education in individual counseling sessions and group settings while using a patient centered approach to meet the needs of her patients and guide them in improving their overall health. Amy graduated from Eastern Illinois University in May 2018 earning a Bachelor of Science degree in Family and Consumer Sciences with a concentration in Dietetics. She continued her post baccalaureate education at Illinois State University where she simultaneously earned a Master of Science Degree in Family and Consumer Sciences with a concentration in Dietetics and completed her Dietetic Internship. Amy has a strong passion to help others achieve optimal health which was the driving force to begin her career in community nutrition. Along with her colleagues, Amy has collaborated with key community partners to improve the lives of the community through nutrition programming. Amy is continuously seeking opportunities for community initiatives that incorporate comprehensive approaches and result in enhancing the health of the community.





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# ADAPTING NUTRITION GUIDELINES TO LATINE CULTURAL FOODS

Day 4, 3/24/23  
1-2 PM CST

The Plate (“MyPlate”) is one of the most popular tools for nutrition education used by dietitians and public health organizations, but is the Plate leaving your patients from other cultures behind? In this session, we will explore the cultural acceptability of the plate method, especially as it pertains to Latine audiences. This will include commentary on the role of whole grains and dairy products in the Plate method versus in Latine diets, as well as how cultural differences in preparing vegetables and plating and serving meals may be impacting your clients’ perception of the plate method. Information presented will include a comparison between the U.S. Dietary Guidelines for Americans and Latine dietary patterns, research on lactose tolerance in Latine populations, and an exploration of traditional Latine cooking techniques. Finally, advice on how to communicate and present the Plate method to adapt to different cultural needs will be discussed.

## Krista Linares, MPH, RDN

Krista Linares is a Registered Dietitian Nutritionist specializing in Latine food culture and history. Krista is passionate about demonstrating how nourishing Latine foods are, and advocating for Latine culture. The mission of her company, Nutrition con Sabor, is to see Latines better represented in the health and wellness world, and promote health equity for the community. Her work includes educating healthcare professionals to communicate nutrition to be inclusive of Latine food culture, as well as writing for publications such as Healthline and Prevention.com.

Krista also owns a private practice specializing in polycystic ovarian syndrome. Krista holds a Master of Public Health from the University of North Carolina at Chapel Hill and currently lives in Los Angeles, California.