



Editor:

Monica Smith,
MS, RD, LD, CLC

Contributors:

Lyndon Davis,
MEd, RD, LD,

Lisa C. Andrews,
MEd, RD, LD

Sharon Behne,
RD, LD

Betsy Oriolo, MS,
RD, LD, CDE

Lois Smith, RD,
LD

Jason Roberts,
RD, LD

President ' s Message

Dear GCDA members,

It is hard to believe half of our membership year is over – What a great first half! I hope as many of you as possible were able to participate.

Lisa Andrews has planned an equally fabulous second half of the year so mark your calendars now! **Our first meeting of 2014 is on January 23rd and will meet the Ethics requirement (LNC 1050) for recertification by the CDR** so plan to attend!

As the year progresses we look to keeping the forward momentum and thus are looking for team members that will be a part of the 2014-2015 Board. We have a great team in place that will move forward with the direction of Jason Roberts as its President.

We are looking for individuals that will take on the Elect positions for 2014-2015. From personal experience I will tell you this is a great opportunity to learn and to grow professionally. For information on this opportunity contact Sara Tamsuhkin, myself or any of our Board members.

The Board continues to work on bringing GCDA into the electronic age. **Jason Roberts has been putting a lot of time and work into making electronic payment for GCDA a reality.** Along with this he has been working on developing our own website and may I say so far it looks fabulous! We may have a sneak preview for you at our next membership meeting.

Another project the Board has been working on, in its mission to serve the dietetics profession, is the **addition of a Student member to the Board.** Sara Tamsuhkin has been the moving force for this project.

I would like to say thank you to all for making GCDA the great organization it is. I look forward to seeing you all next year and have a safe and happy holiday season!

Lyndon Davis M.Ed, RDN, LD



Fall GCDA Meetings Captured

Cyndee Stegeman at the September meeting @ Christ Hospital on AND's Certificate in Training Program "Develop Your Role as A Leader"



At the October meeting @ U.C. Reading Campus. Sunnie Southern—founder and CEO of Viable Synergy, a Cincinnati-based startup health IT commercialization firm spoke about using technology in nutrition and medical practice.

Mark Your Calendars!

UPCOMING 2013-14 GCDA MEETINGS

Thursday, January 23, 2014—5:00-7:30pm @ Blue Ash Hospice, Cooper Rd

Janet Montgomery, Chief Marketing Director of Blue Ash hospice and Becky Bechold, MD—a practicing Oncologist with OHC and Chief Medical Officer for the Hospice will speak on ethical decisions, nutrition and hydration at end of life.

Plus, Dr. Lisa Larkin with UC Women's Center will speak on Metabolism & Menopause.

Tuesday, April 15, 2014—5:00-7:30pm @ UC Reading Campus, Galbraith Rd

Matt Madison of Madison's Gelato will talk on entrepreneurial/local business along with a gelato tasting!

In addition, Chuck Wilman of the Pork Board will speak on the "Power of Pork". Learn how this nutrient-dense food fits into a healthy diet and how farmers are raising pigs today to ensure a safe and healthy food supply.

Wednesday, May 7, 2014 Location—TBD

Jessica Setnick MS, RD, CEDRD, an International Federation of Eating Disorder Dietitian will speak on Adapting Addiction Treatment Strategies to Overeating



*Lisa C. Andrews,
Council on Professional
Issues Chair (COPI)
2013-14*

OAND Annual Meeting

MARK YOUR CALENDARS FOR THE OAND MEETING—MAY 15TH & 16TH

An opportunity to learn and have fun. The 2014 Annual Ohio Academy of Dietetics meeting is at the Kalahari Resort in Sandusky. There is a special rate of \$119 for Thursday May 15 and \$129 for Friday night. This is a great place to bring your family along for some good times. Check out the website for all there is to enjoy about this great location www.kalahariresorts.com



an affiliate of the
eatright. Academy of Nutrition and Dietetics

Patent Care Medical Homes, Malnutrition Diagnosis and Physical Assessment, Culinary Demonstration, Leadership, Research and Sports Nutrition topics are in the works for what promise to be a most enlightening meeting!

GCDA Board Updates

Treasurer Report

Myra Glover, Treasurer

- We also will be raffling a gift basket at a future meeting to raise money for scholarships.

Board Changes

- Removal of Hospitality Chair Position & combine with Secretary Elect-vote & approval.
- Dietetic Technician, Registered-reviewed position, added voting member of board -vote & approval.

Honors, Awards & Grants



Sharon Behne, Awards & Scholarships Committee Co-Chair

The Academy of Nutrition and Dietetics offers awards, honors and grants to recognize individuals within the profession on a national level as well as at the affiliate level.

Your affiliate membership in GCDA provides the opportunity to be recognized for achievements right here at the local level.

I encourage you to view all of the possibilities on the Ohio Academy of Nutrition and Dietetics website: http://associationdatabase.com/aws/ODA/pt/sp/members_awards

I look forward to honoring more of our members in the months ahead.

Membership

Sarah Pralle, Membership Chair

MEMBERSHIP 2013-14:

As of Dec 1st:
169 Members
23+ New Members

See attached Membership Application for 2013-14.

GCDA



Listserve

Betsy Oriolo, Listserve Manager

To send a list-serve posting or job, please email Betsy at rd@eatright123.com &/or info@gcdaeatright.org. The list serve is checked every 1-2 days.

Journal Clubs

Journal Club West Meetings are held at
8128 Woodbine Ave., Cincinnati 45216

Jan 12, 2014 at 7 PM
Topic: Gut Microbiome
Two CEUs

Lois Smith, Chair Journal Club West

Contact Lois Smith jlapesmith@fuse.net for info
and articles

Journal Club East

Journal Club East is looking for a new leader. Traditionally this has been held at the Pleasant Ridge Library but no reason why this could not reach out to our more eastern counties such as Adams, Brown, Clermont, Warren, Clinton. If you are interested in leading a group of professionals in this activity please contact Lyndon Davis for information at ldavis71@cinci.rr.com

National Nutrition Month

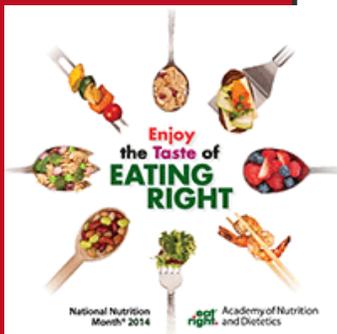
NEW 2013-14 COMMITTEE CHAIR

Thanks to Nicole Conner for stepping up to be the new chair for GCDA's National Nutrition Month committee.

Look for upcoming opportunities to get involved with GCDA in March for National Nutrition Month!

"Enjoy the Taste of Eating Right" is the theme for National Nutrition Month® 2014.

Consumer research confirms that taste tops nutrition as the main reason why one food is purchased over another. While social, emotional and health factors also play a role, the foods people enjoy are likely the ones they eat most. This year's key messages for NNM will focus on how to combine taste and nutrition to create healthy meals that follow the Dietary Guidelines recommendations.



Win a Free AND Membership

GCDA MEETING AND MEMBERSHIP GIVEAWAYS

The GCDA Board has voted to continue the Member Meeting drawing for a free Academy of Nutrition & Dietetics (AND) membership! Valued at \$225!

Members must be present at drawing time, self-paid, board members not eligible to enter. Sign to be posted during time of meeting.

National Honors and Awards



Thank you to those of you that recommended GCDA Members for OAND awards. We had two applicants for recognition of students and one applicant for Young Dietitian of the Year.

We have plans to nominate someone for one of the national awards below. We need suggestions on anyone else who would fit criteria for any of these awards.

HONOR GCDA MEMBERS THAT HAVE ADVANCED THE DIETETICS PROFESSION

The Academy of Nutrition and Dietetics honors individuals who have advanced the dietetics profession, who have exhibited leadership and have shown devotion to serving others in both dietetics and allied fields. These honors recognize outstanding food and nutrition practitioners and supporters of the profession.

Deadline for "Intent to Nominate" is midnight Central Standard Time on January 15, 2014.

Deadline for the receipt of complete nominations is midnight Central Standard Time on March 1, 2014.

Please contact
Sharon Behne, RD,
LD with any
suggestions for
nominations for these
Honors at
sharon.behne@usfoods.com



Lenna Frances Cooper Lecture

Honors an Academy member who has been recognized as a notable and inspiring speaker.

Marjorie Hulsizer Copher Award

The highest honor the Academy bestows on one of its members for contributions to the Academy through extensive, active participation and service at all levels of the Association.

Medallion Award

Honors Academy members who have shown dedication to the high standards of the dietetics profession through active participation, leadership, and devotion to serving others in dietetics and allied health fields.

Media Excellence Award

Presented to an individual reporter, publication, or program for consistent, high-quality nutrition reporting.

Excellence in Practice Awards

Recognizing outstanding registered dietitians and dietetic technicians, registered, who have demonstrated innovation, creativity, and leadership in a specific area of practice.

View at http://associationdatabase.com/aws/ODA/pt/sp/members_awards

Take time to the
Action Alerts that
hit your inbox!
These items are
pertinent to the
nutritional health
of the country!

Take Action

By Lyndon Davis, GCDA
President

in the past I have just let them sit there. Recently I have learnt that these are important to our profession and do need our attention.

hits your inbox to address these items – Your professional well-being depends on it!!

ACTION ALERTS IN YOUR INBOX

I know we all see the e-mails that hit our inboxes about Action Alerts but what do you do with them?

These are about items that are pertinent to the nutritional health of this country and to the well-being of our profession.

Visit: <http://www.eatright.org/members/actioncenter.aspx>

So take time now and the next time one of these

Public Policy Tab – Take Action - Grassroots Manager to send Letters to our legislators.

I will be quite honest that

Congratulations

By Jason Roberts

The Academy's ballot was released & one of our own GCDA members has been selected to be on the list for the Nomination Committee!

The GCDA Board would like to recognize **ONANEY BORROMEO**

Congrats! Per www.eatright.org/elections/



GCDA would also like to recognize another member who had a research article in the Academy of Nutrition & Dietetics Journal in October 2013!

SUZANNE S. SUMMER Congrats!

Here is the link:

[http://www.andjnl.org/article/S2212-2672\(13\)00647-3/fulltext](http://www.andjnl.org/article/S2212-2672(13)00647-3/fulltext)

Membership Renewal



GREATER CINCINNATI DIETETIC ASSOCIATION (GCDA)

Membership Application: 2013-2014
For Membership Year: June 1, 2013 – May 31, 2014

Steps for Membership Application:

- **Application**
 - Please complete page 2 of this sheet (be sure to read each part carefully).
 - When completing the application, please print legibly.
- **Checks**
 - Please make your checks payable to GCDA.
 - **Get half-off:** Encourage friends and colleagues to join! Recruit a new GCDA member, include their application form with yours, and you both get half off your membership fees!
 - **Early Bird Discount: Save \$5:** Mail your membership form in before **October 1st** to save \$5.
- **Academy Verification**
 - Please send a copy of your Academy card or online receipt showing that you paid your Academy dues with your application.
 - Please note that effective membership year 2007/2008, the Academy of Nutrition and Dietetics requires that all GCDA members be Academy members.
 - While non-Academy members are no longer able to be GCDA members, they can still attend meetings or the annual workshop to receive continuing education credit for a fee.
- **Committees and Mentoring Program**
 - Consider joining a GCDA Committee to be involved and network.
 - Be a mentor/mentee. The time commitment is minimal: join a committee together, work at a NNM booth together, remind each other of GCDA meetings, sit together at meetings, and introduce each other to other GCDA members.
- **Mail**
 - Mail your completed application, check, and copy of Academy membership card or online receipt showing your paid your Academy dues to:
Sarah Pralle
105 Cross Creek Lane
Maineville, Ohio 45039
- **Questions?**
 - Contact: Sarah Pralle, GCDA Membership Chair 2013-2014
513-348-6082 or dspralle@gmail.com

Keep up with GCDA news: join us on Facebook (Greater Cincinnati Dietetic Association)

**GCDA Members and Non-Members can join us on Facebook to learn about meetings

GREATER CINCINNATI DIETETIC ASSOCIATION (GCDA)
Membership Application: 2013-2014

Please mark the appropriate box: New Member Renewing Member from 2012-2013

Do you wish to be listed in the GCDA Directory? Yes No (Cut off for directory Oct.1, 2013)

Last Name _____ First Name _____

Credentials to be listed in GCDA Directory: MS MEd PhD RD/RDN LD DTR Other _____

Address _____

City _____ State _____ Zip+4 _____

Phone () _____ E-Mail* _____

Alternate E-mail (in case of technical difficulties) _____

Employer Information:

Employer _____ Title _____

Business Phone () _____

***IMPORTANT: E-mail is the primary means of communicating with members, including the e-newsletter and directory.** If you do not have access to e-mail, we will aim to send newsletters and the directory via regular mail; all other announcements will be available at meetings. E-mail is being used to get information out in a timely and cost-effective manner.

Membership Categories: Cost

| | |
|--|------|
| _____ Academy Associate/Student Member: MUST attach copy of membership card/receipt | \$10 |
| _____ Academy Active Member (RD or RD Eligible): MUST attach copy of membership card/receipt | |
| _____ Early Bird | \$25 |
| _____ AFTER October 1st | \$30 |
| _____ Academy Active Technician: MUST attach copy of membership card/receipt | |
| _____ Early Bird | \$20 |
| _____ AFTER October 1st | \$25 |
| _____ Academy Retired Member: MUST attach copy of membership card/receipt | \$10 |
| _____ Academy Fifty Year Member: MUST attach copy of membership card/receipt | \$0 |

_____ I recruited a new GCDA member (attach their application and payment) Subtract half of both membership fees!

_____ I would like \$1.00 to go to Political Action Committee (For the Academy) \$1

Total Enclosed \$ _____

Please watch for e-mail requests and information for the following committees throughout the year:

- | | | | |
|---------------------------|-----------------------|-------------------|------------------------------|
| Award & Scholarship | Diversity Recruitment | Hunger Panel | Hospitality |
| Legislation/Reimbursement | Media | Nutrition Month | Officer Selection/Nominating |
| Retired GCDA Members | Journal Club East | Journal Club West | |