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President's Message

Happy Spring everyone!

As I draft this last message as President of GCDA I wonder how the year went so quickly!

Reflecting on the past year I first want to focus on the goals I established for GCDA last June:

- *End year with a balanced budget*
- *Increase membership above 270 (goal was 300)*
- *Increase Action Alert participation by members*
- *Provide a wide range of educational opportunities for all GCDA members*
- *10 or more members will attend the Annual Legislation and Public Policy Advocacy Day*
- *Increase membership meeting attendance to 80 members per meeting*

Some but not all goals were met:

- The budget will definitely end in the black. Thank you to all on the Board who are so cost conscious and work hard at being great financial stewards of the Association's assets.
- Membership numbers are currently 251. We did fall short of the goal of 300. I welcome any suggestions for how we increase participation and membership in GCDA. Please email us at www.gcda@eatrightcincinnati.org
- Action Alert participation is reported by OAND and preliminary numbers are not yet available.
- I know all will agree that that continuing the tradition of excellent speakers and education on a wide variety of topics continued during the 2016/2017 year. Those topics included school foodservice, entrepreneurship, food

allergies and the role of the grocery store RD. We had an average registration of 76 members per meeting and an average attendance of 56 members per meeting.

- We met our goal of 10 members attending the Legislation and Public Policy Day in Columbus. We would have had 11 but one member was tending to their civic duty of jury duty. We were also excited to see the entire group of first year of Cincinnati State Dietetic Technology students preset for the Advocacy Day as well as two instructors.

As I conclude I first want to thank the 2016/2017 GCDA Board. It has been my pleasure working with each and every one of you. You have all given a tremendous amount of time and work this past year working to continue to propel GCDA to new heights. I welcome Sarah Borman as your incoming President as well as the returning and new Board and Chair members of GCDA.

If any member is interested in helping with an event, being a Board member or Chairperson or have any suggestions for meetings please email www.gcda@eatrightcincinnati.org.

In closing, thank you to everyone for your help, support, encouragement and patience! It is so true that I leave this position having grown personally, have met and gotten to know some wonderful people and have appreciated serving as the President of GCDA. Good Health and Wellness to all!

Diane Dew, RD, LD, CSC
GCDA President 2016-17

**2016-2017 GCDA Board,
Elects & Committee Chairs:**

back L to R:

Diane Dew—President
Kati Klinger—Secretary Elect
Jason Roberts—Past President
& GCDA Website Chair
Meghan McNeill—COPI Elect
Alison Cassin—Secretary
Miranda Fisher—Student Mem-
ber representative
Sarah Borman—President Elect
& OAND Website Chair
Jessica Zaccagnini—Treasurer
Elect
Alli Bokenkotter—Membership
Chair Elect
Jamie Unkle—DTR Member
Cynthia Blocksom—Legislative /
Reimbursement Chair

Front L to R:

Monica Smith—eNewsletter
Editor & Historian
Suzanne Summer—Past
President & Officer Selection
Patricia Becker—Membership,
Journal Club East

Not pictured:

Irmalis Flores—Treasurer
Lyndon Davis—Policies/
Procedures Chair
Nick Bess—COPI-Elect
Lisa Andrews—PR/Media Chair
Betsy Oriolo—Listserve Manager
Lois Smith—Journal Club West
Elizabeth Vennefron—National
Nutrition Month/Diversity Chair
Emily Sillies—Website Asst.
OPEN—Awards/Scholarships



*Meghan McNeill,
Council on Professional
Issues Chair (COPI)
2016-17*

Thanks to the 2016-2017 GCDA Board



2017-2018 GCDA Meetings

May 18 & 19, 2017—OAND Annual Conference

The 2017 OAND annual conference will be held in Cleveland (the birthplace of AND formally ADA) at the Hilton Downtown Cleveland

INFORMATION ABOUT MEMBERSHIP MEETINGS

- **Membership Meetings are FREE for GCDA Members.** *Don't forget to Renew!* Non-members are welcome to attend for a small fee.
- **A light dinner is served! Network with other local RD's.**
- **Free AND Membership given away** at EACH membership meeting for attending!
- **Register/RSVP for meetings online** as they are posted on the event page of the website at <http://eatrightcincinnati.org/>

Meetings are typically approved for 2 CEUs and a light meal is provided.

One GCDA member will win a FREE AND Membership!

UPCOMING **2017-2018** GCDA MEMBERSHIP MEETINGS

September, 2017—"Enhancing Hospital Geriatric Care: Teams That Include the Patient and Family" at The Christ Hospital. Date: TBD.

Speakers: Ashley Lautar, CNP and Jeff Schlaudecker, MD, Med, FHM

*Membership meeting plans are in the works.
More to come in the Fall Newsletter.
Stay tuned!*



GCDA Board Updates

GCDA History



HAPPY BIRTHDAY GCDA!

GCDA turned 93 on May 4th! The Cincinnati Dietetic Association (CDA) started in 1924 with its first meeting on May 4th with only seven people. In 1929 it became affiliated with the American Dietetic Association (now AND) and in 1934 with the Ohio Dietetic Association (now OAND).

GCDA Website

Visit www.eatrightcincinnati.org to:

- **RENEW MEMBERSHIP!**
- **UPDATE YOUR MEMBERSHIP PROFILE!**
- RSVP for all GCDA meetings
- View the Membership Directory



NNM 2017

Check out pages 9-11 for what GCDA was involved with for [National Nutrition Month 2017](#).



Honors, Awards & Grants

Awards & Scholarships
Committee Chair — OPEN

CONGRATULATIONS!

- *Lisa Andrews—Recognized Dietitian of the Year*
- *Jessica Zaccagnini—Recognized Young Dietitian of the Year*
- *Jamie Unkle—Recognized Dietetic Technician of the Year*

Winners will be awarded at OAND.

Social Media



"Like" GCDA's [Facebook page](#).

We have 334 likes. Contact Lisa Andrews to post info on our facebook page at

lisa@soundbitesnutrition.com



We're also on Twitter! Jessica Zaccagnini posts for GCDA.

Follow [@EatRightCincy](#)

Board Positions

NEW GCDA BOARD FOR 2017-2018:

President, Sarah Borman
President-elect, Meghan McNeill
Past-president, Diane Dew
Secretary, Kati Klinger
Secretary-elect, Elizabeth Vennefron
Treasurer, Jessica Zaccagnini
Membership Chair, Alli Bokenkotter
Membership Chair-elect, Miranda Fisher
COPI, Nick Bess
COPI-elect, Ashley Martinez
Student Board Member, Savanna Bast
DTR Member, Elizabeth Parish

Membership

Pat Becker
Membership Chair



Renew for 2017-2018 online at www.eatrightcincinnati.org (go to "View profile")
\$25 Early Bird Special before July 31, 2017!

Current membership is 251.

Number of members per category as of April 6, 2017 Board Meeting minutes (below):

Member Category	Number of Members
Active RD	169
Active DTR	6
Active student	61
50+ years	3
Retired	6
totals	246

Listserve

Betsy Oriolo,
GCDA Listserve
Manager



If you have a job posting or event announcement please email GCDA at:

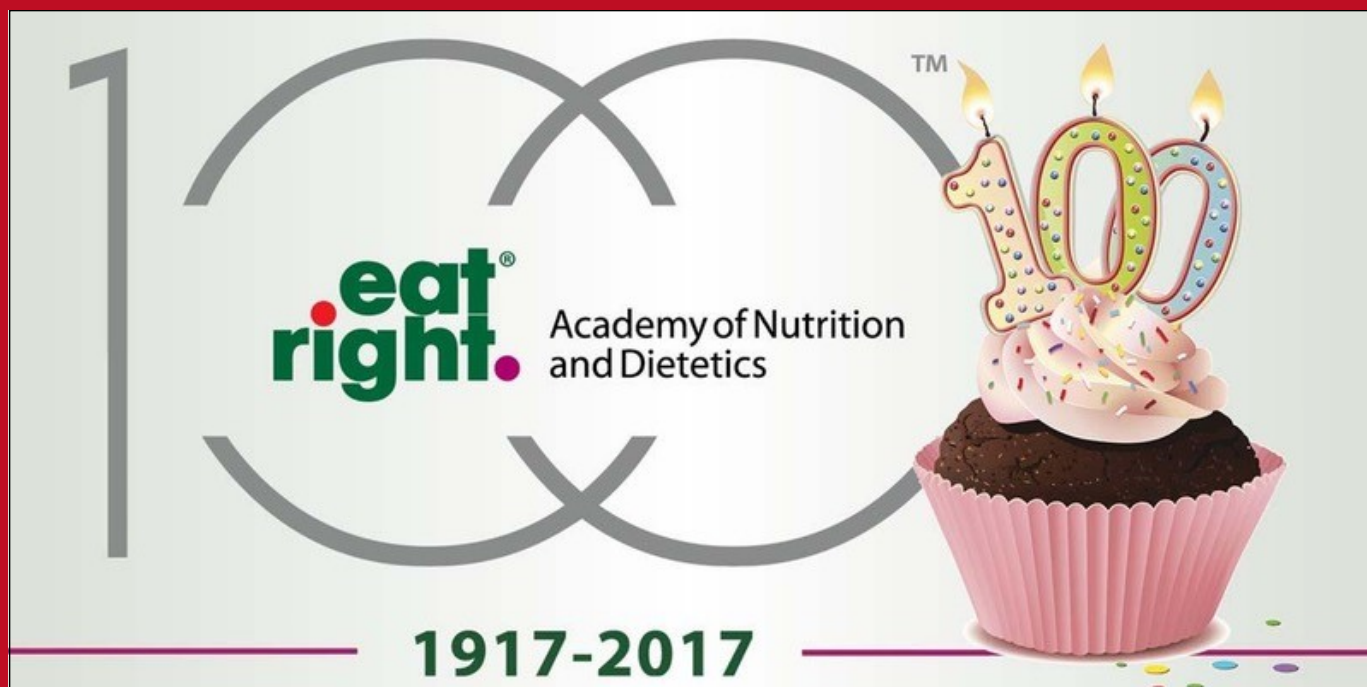
GCDA@eatrightcincinnati.org

The listserve is checked every 1-2 days. Thank you!

2017 OAND Conference



Come celebrate the birthplace of the Academy at the centennial conference in Cleveland Ohio in May!
#OANDCLE2017 Register here: <http://www.eatrightohio.org/aws/ODA/pt/sp/annualconvention>



GCAND Special Reception!

Wed, May 17, 2017, 6:00 PM – 8:00 PM
Allen Memorial Medical Library, 11000 Euclid Avenue, Cleveland OH
See the invite on [Eventbrite here](#).

Local GCDA Dietitians in the News

New! Clip!



CLICK ON THE HYPERLINKS TO READ MORE!

Betsy Oriolo, RD, CDE for St. Elizabeth Physicians Weight Management Center contributed to articles on [smarthealthtoday.com](#):

February 14 & March 15, 2017 [4 things to lose from your diet – now!](#) & [Should I be worried about what's in my food?](#)

Lisa C. Andrews of Sound Bites Nutrition did a few segments on varying nutrition topics in March & April.

On March 8, 2017 Lisa was on Fox 19 for National Nutrition Month with [Simple Diet Hacks](#)

April 4, 2017 Lisa Andrews was featured on Fox 19: [Bite This Not That](#)

April 14, 2017 Lisa Andrews was featured on Fox 19 for the Lil Pantries project. [Artists re-](#)

[ceive 'Lil Pantries' to decorate for the Tri-State](#)

National Picnic Day



April 21, 2017 Lisa was on Fox 19 [with a recipe for National Picnic Day](#)



On April 25, 2017 Lisa was quoted in Our Ohio Farm Bureau magazine: [Gluten sensitivity has consumers questioning amber waves of grain](#)



Lisa C. Andrews,
PR/Media Chair

If you have been in the news, contributed to videos or articles online, please share it with us!

Email Lisa at lisa@soundbitenutrition.com

GCDA Journal Clubs: West & East



Lois Smith,
Journal Club West



Patricia Becker,
Journal Club East

Journal Club is a **FREE benefit of GCDA membership** where presenters earn continuing education credit. Two CPEs requested per meeting.

Prior to the Journal Club meeting, an article from a previously approved bibliography is read. At the meeting, a brief summary is presented, with discussion following. Meeting days and times vary depending on the needs of the group.

Journal Club West
Meetings are held near Drake Hospital in Hartwell at 8128 Woodbine Ave., Cincinnati, 45216

For articles and information, contact Lois Smith at loissmith417@gmail.com

New members wanted!

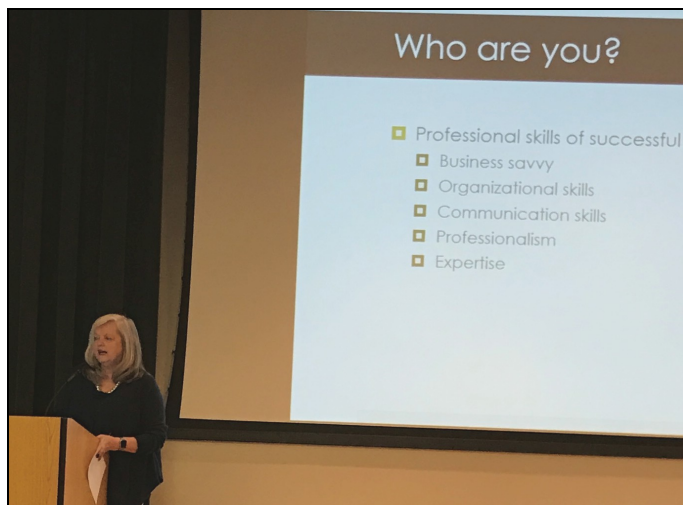
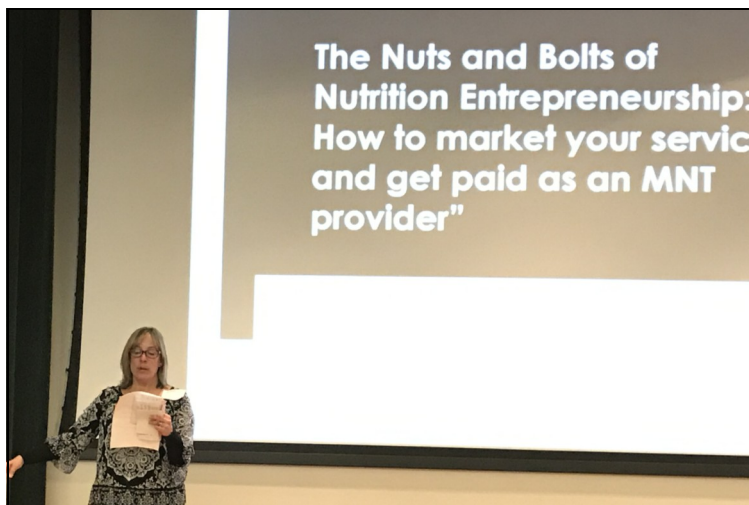
Journal Club East
Meetings are held at the Hyde Park Library

To get the articles and information, contact Patricia Becker at patricia.becker@cchmc.org

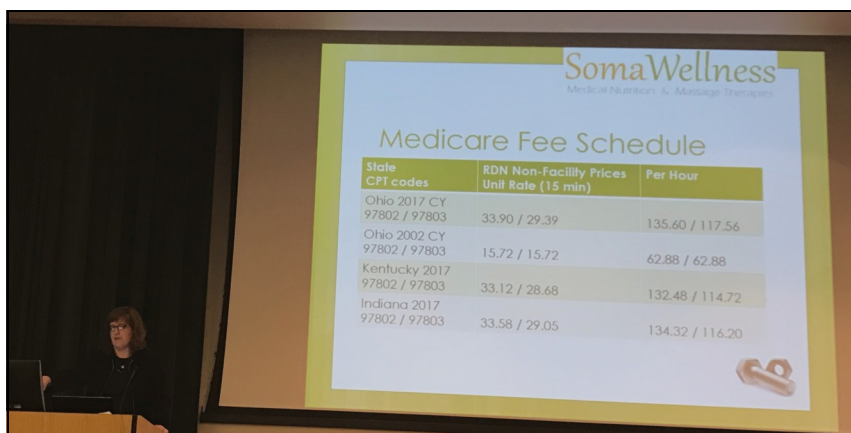
Winter & Spring GCDA Member Meetings

FEBRUARY GCDA MEETING

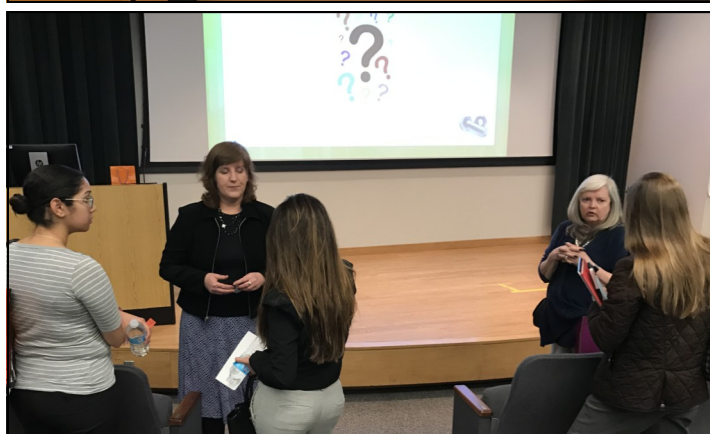
"The Nuts and Bolts of Nutrition Entrepreneurship: How to Market Your Services and Get Paid as an MNT Provider" was held Tuesday, February 21, 2017 5-7:30pm at Children's Hospital Oak campus. Our speakers were GCDA members: Jane Snyder, RD, CSR, LD, LMT and Patricia Becker, MS, RDN, CSP, CNSC, LD. They discussed the impact of branding on private practice, the costs and benefits of starting a private practice and steps to getting paid as a private practice provider of MNT. Thank you to Patricia Becker and Jane Snyder for an outstanding presentation!



(Above) GCDA President Diane Dew introducing the presenters.

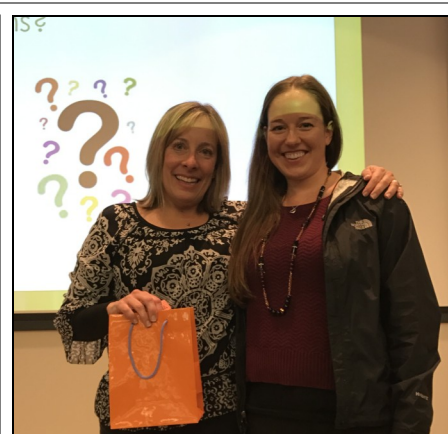


(Above) Presenters Jane Snyder & Pat Becker.



(R) Networking!
Jane and Pat answer members' questions after the meeting.

(L) GCDA President, Diane Dew & member Nancy Wilson, winner of the AND Membership. Congrats!

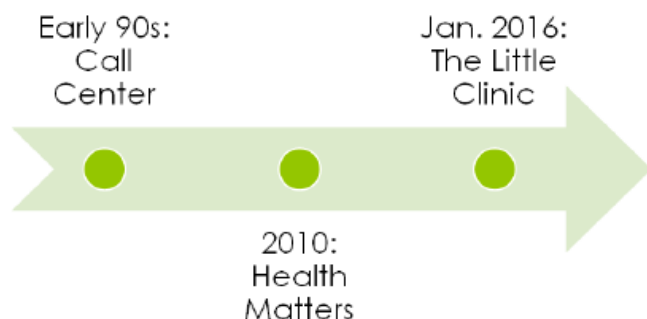


The Evolving Role of the Retail Dietitian



Ashley Martinez, MFN, RDN, LD
 Sarah Koeninger, RDN, LD
 Sarah Limbert, RDN, LD
 Bridget Wojciak, RDN, LD

Dietitians within The Kroger Co.

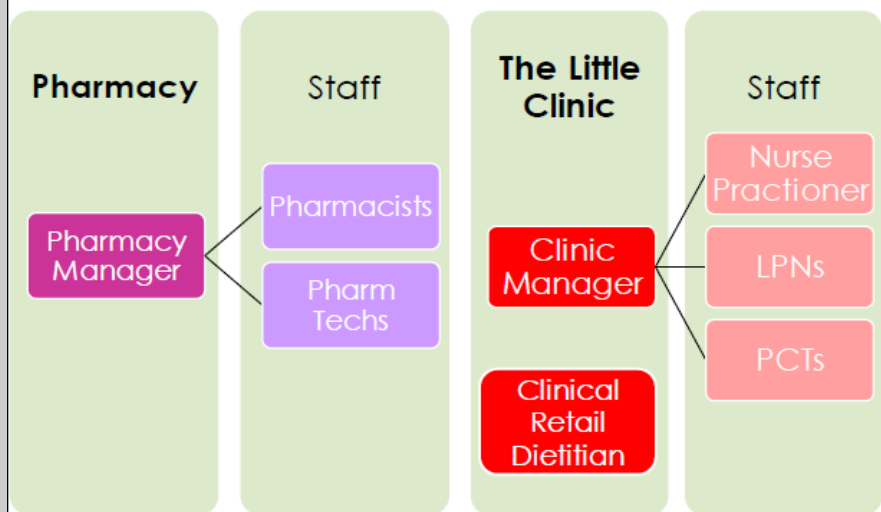


APRIL GCDA MEETING

The April 11th GCDA meeting educated members about the evolving role of the grocery store dietitian and what it has looked like at The Kroger Co. The meeting was held UC Reading Campus on East Galbraith Road in Cincinnati.

The Kroger/Little Clinic Retail Dietitians: *Ashley Martinez*, *Sarah Koeninger*, *Sarah Limbert* and *Bridget Wojciak* described retail industry insights and business education, discussed the impact of using motivational interviewing skills in the grocery store and talked about ways to stay up to date with food trends and controversial topics.

Clinical Organizations



Retail RD's Role

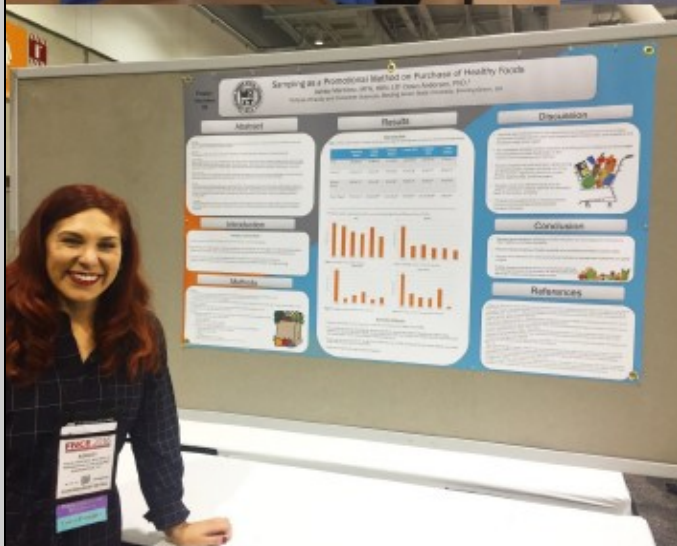
- Store Events
- Cooking Demonstrations
- Store Tours
- Wellness Festivals



CHECK OUT THEIR MONTHLY CALENDAR OF EVENTS

The Retail Dietitians do many events in select stores in the greater Cincinnati area: Harper's Point, Mason, West Chester, Harrison, Oakley, Hyde Park, Anderson, Amelia and Newport, KY.

<https://www.thelittleclinic.com/asset/may2017cincinnatiagenda>



A Closer Look at Journal Club East

One of our GCDA member benefits are our two Journal Clubs, one on the east side and one on the west side.

HOW DOES THE JOURNAL CLUB WORK?

For the Journal Club East (JCE), the group picks the topics and the coordinator selects ten or so articles on that topic. Members who would like to attend contact the coordinator and request an article. Each member reviews the article and presents a summary of the article. After each member presents the group will discuss the topic. It is a small group with great discussions. The group generally meets quarterly, which provides two continuing education credits for a total of eight per member year.

The February JCE topic was "Diversity and Cultural Competency in Nutrition."

The Learning Objectives were to discuss culture and its impact on nutrition therapy, describe various considerations related to cultural practices, describe the available tools to help dietitians understand different food cultures and to discuss the effects and benefits of cultural competency. Members who attend also receive copies of all the articles. The group of articles included a resource list, educational materials from the USDA National Agriculture Library with links to books, full text on line information, videos, toolkits, resources in Spanish and more. Our discussion included information on birthday celebrations in different countries and cultures, global food practices and how different ethnic groups eat in America.

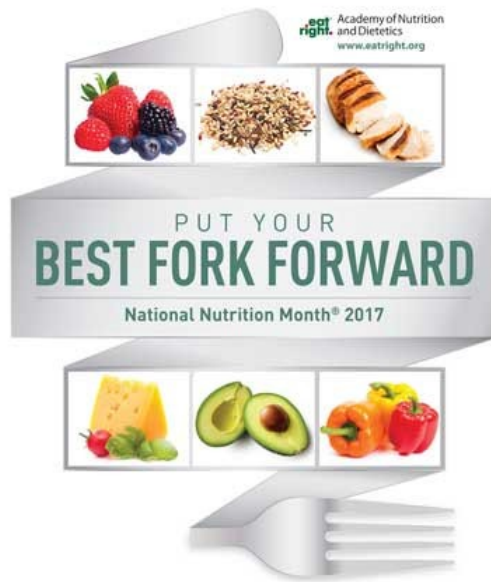
ARTICLES PROVIDED:

- Cultural and Ethnic Food and Nutrition Education Materials: A resource list for educators
- Birthday celebrations around the world
- Cultural Competency for Dietitians
- Perspectives of cultural competency from an international service learning project
- Eating in America
- Cultural food diversity
- Cultural considerations in nutrition and food preparation
- Think globally practice locally: culturally competent dietetics
- Global Food Practices, Cultural Competency, and Dietetics part 1
- Global Food Practices, Cultural Competency, and Dietetics part 2
- Nutrition Education: Toward a Framework of Cultural Awareness?
- Perspectives of Cultural Competency from an International Service Learning Project
- Promoting Diversity within the Dietetics Profession through a Peer Mentorship Program
- Regional and Cultural Differences in Nutrition
- Cultural awareness in nutrition services



So think about joining us for our next meeting, just contact Journal Club East Coordinator: Pat Becker MS RDN CSP CNSC Pbecker@KidsRD.com for more information.

National Nutrition Month Activities



VOLUNTEERING AT THE FREE STORE FOOD BANK

GCDA members volunteered on Saturday, March 4, 9 am-11:30 am for National Nutrition Month helping build power packs and it was a success!



WHAT ARE POWER PACKS?

Each Friday during the school year, the Freestore Foodbank sends bags of food, known as *Power Packs*, home with students to ensure they have something to eat on weekends. Each Power Pack contains nearly a dozen food items, which are shelf-stable and easy to prepare. 5,000 children in more than 100 participating schools receive Power Packs from the Freestore Foodbank each week. This helps ensure children don't go hungry on weekends.

WHAT IS INSIDE A POWER PACK?

The Freestore Foodbank believes it's important to provide children with food that is easy to prepare. A few examples of what you might find in a Power Pack include sun butter, whole grain cereals, fruit and vegetable juices, sunflower seeds, apple oatmeal bars, complete pasta meals and other healthy options. More than 94,000 children living in the twenty counties are served by the Freestore Foodbank. They are food insecure, meaning they aren't always sure where they will get their next meal.



GET INVOLVED IN THE FIGHT AGAINST CHILDHOOD HUNGER

Find out more at <http://freestorefoodbank.org/programs/childhood-hunger/power-pack-program>



GCDA Team for the AHA Heart Mini



GCDA participated with a team of six in the American Heart Association 2017 Heart Mini held on Sunday March 12th at 7:30am. GCDA Members took on the



AHA Heart Mini and raised \$440! Thanks to Elizabeth Vennefron for coordinating for National Nutrition Month!

National Nutrition Month Activities

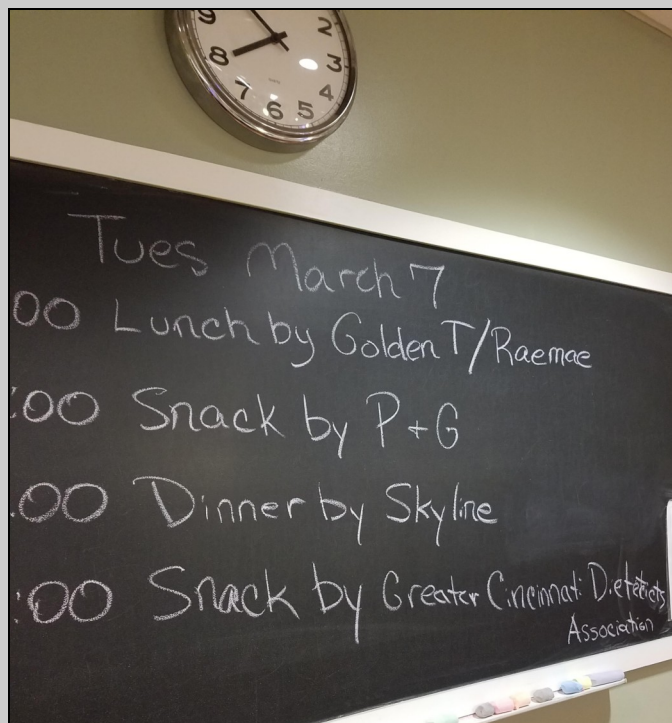
THE RONALD MCDONALD HOUSE

Thanks to GCDNA NNM Chair, Elizabeth Vennefron along with a few other members whom volunteered at the Ronald McDonald House in Cincinnati on Tuesday March 7th and Thursday March 30th from 6:30-8:30pm for National Nutrition Month.

GCDNA members baked up a special treat during snack time to share with the residents.

"Our volunteer experience went very well! We got there and went to work right away on baking our healthy snack. The recipe we made was called Greek Yogurt and Honey Blueberry Muffins. We set up shop in one of the Ronald McDonald House kitchens and divided tasks between the three of us to complete the recipe. These muffins were a hit with the individuals at RMH, they smelled up the entire kitchen of cinnamon and blueberries!" ~ by Elizabeth Vennefron

See recipe for Greek Yogurt & Honey Blueberry Muffins on the next page!



Pictured L-R: GCDNA members Alli Bokenkotter, Morgan Cheung and Elizabeth Vennefron show off their finished muffins for the residents.

Recipe: Greek Yogurt & Honey Blueberry Muffins

Ingredients

2 cups whole wheat flour	1 cup low-fat greek yogurt
1 cup all purpose flour	1/2 cup milk
1/2 cup + 3 tablespoons brown sugar	1 teaspoon vanilla extract
1 tablespoon baking powder	2 large eggs
1/2 teaspoon baking soda	1/4 cup honey
1/2 teaspoon salt	1/2 cup olive oil
1/2 teaspoon cinnamon	1 cup blueberries



Instructions

Preheat oven to 400 degrees (F).

Line a 12-cup muffin tin with paper liners; set aside.

In a large bowl whisk together flours, sugar, baking powder, baking soda, salt, and cinnamon; set aside.

In a medium bowl whisk together the yogurt, milk, vanilla, eggs, honey, and oil.

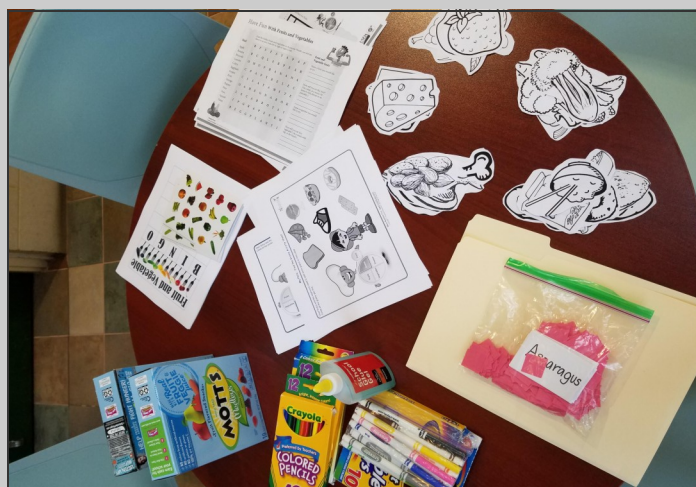
Gently fold the yogurt mixture into the flour mixture, and using a spatula, fold until combined, being sure to mix just until all the flour disappears. Fold in blueberries.

Divide the batter evenly among the prepared muffin tins, place pan in the oven, and bake for 18 minutes, reducing the heat to 375 degrees after 9 minutes of baking.

Allow the muffins to cool for 5 minutes in the pan before carefully transferring to a cooling rack to cool.

MORE NNM AT THE RONALD MCDONALD HOUSE

Elizabeth Vennefron did some fun and educational nutrition bingo and My Plate matching games with the residents!



OAND Public Policy Advocacy Day



*By Cynthia
Blocksom, Public
Policy &
Reimbursement
Co-chair*

27TH ANNUAL PUBLIC POLICY AND ADVOCACY DAY



The 27th Annual Legislation and Public Policy Advocacy Day was held at the Verne Riffe Center in Columbus on March 29, 2017 from 8 am- 4 pm.

Like last year, GCDA paid the registration for members to attend. Ten members were able to take advantage of this incentive which was an increase from the number who attended last year. A total of 85 Ohio RDNs and students/interns attended the Public Policy and Advocacy Day.

The program focused on the board consolidation issue (House Bill 49) to prepare attendees for their legislator visits. Paul Kudlak, OAND lobbyist, helped provide information on this issue so that members had up-to-day information to discuss during their legislator visits and at the sponsored lunch event.

Karen Morrison, Ohio Board of Dietetics Executive Director, provided an update on the new licensure renewal process and the juris prudence requirement. Kay Mavko, State Regulatory Specialist, provided highlights of the many Rules she has worked on to assure that nutrition is properly included in agency Rules. Kendra Schmuck, Public Policy Coordinator, gave an update on federal issues.

Appointments were made with 33 legislators- 11 Senators and 12 Representatives. Again this year, copies of *Food and Nutrition* were used as our gift to legislators. Members were reminded of the importance of responding to AND Action Alerts. There are currently two Action Alerts: the Resolution to recognize the Academy's 100th anniversary and the Treat and Reduce Obesity Act of 2017 which has been reintroduced.

*By Cynthia Blocksom, MED, RDN, LD, FAND
GCDA District Legislative & Reimbursement
Committee Chair*



• EAT HEALTHY NKY •

LINKING SCHOOLS WITH LOCAL PRODUCE

**BOONE CO. EXTENSION
Enrichment Center (lower level)**

1955 Burlington Pike, Burlington, KY

06.01.2017

11 AM—1 PM

Target Audience: School garden coordinators, food service directors, teachers, curriculum administrators, farmers/gardeners, parents and anyone else interested!

- **Learn more about HOW to have an active farm-to-school program in the cafeteria, classroom and community!**
- **Hear from local experts in Kentucky!**
 - ♦ Alicia Arnett and Andrea Wright, Jefferson County Schools on Louisville's farm-to-school program, procurement of local foods for 147 schools and operating 30 school gardens.
 - ♦ Tina Garland, Kentucky Farm to School Coordinator, Kentucky Department of Agriculture on the farm-to-school handbook and instructions for procurement
 - ♦ Gina Ligon, Boone County Extension Agent on Farm-to-school curriculum and school gardens in Boone County
 - ♦ Michelle Stanton, Kenton County Extension Agent on Good Agriculture Practices Training and farm to table producers

Bring your own lunch and join us! Thank you.

Register today!

<https://goo.gl/forms/J8nQxRGvulek1PtH2>

Eat Healthy NKY



www.facebook.com/eathealthynky

Continuing Education

L-CERP's for IBCLC's, CPEU's for Registered Dietitians and Contact Hours for nurses have been applied for and are pending approval.

We love babies, and we especially love happy babies. If your baby shares happiness loudly, please pick a seat at the back of the room so that your happy baby doesn't attract more attention than the speaker.



Lodging:

A block of rooms has been reserved at:
Hampton Inn & Suites Newport
275 Columbia St, Newport KY 41071
859-415-0678

Reservations can be made at:

<http://hamptoninn.hilton.com/en/hp/groups/personalized/C/CVGPOHX-NKY-20170801/index.jhtml>

Block closes four weeks before the conference
or **July 1, 2017**

About the Speaker



Lisa Marasco has been working with breastfeeding mothers for over 25 years and has been Internationally Board Certified since 1993. She holds a master's degree in human development with specialization in lactation consulting and was designated a Fellow of ILCA in 2009.

Lisa is co-author of *The Breastfeeding Mother's Guide to Making More Milk*, a contributing author to the *Core Curriculum for Lactation Consultants*, and a new Cochrane Collaborative author.

She is employed by WIC of Santa Barbara County while she continues to research, write, speak and maintain a small private practice.

In addition, Lisa is an Associate Area Professional Liaison for La Leche League of Southern California/Nevada, and serves on the Breastfeeding Coalition of Santa Barbara County.

Thanks to our cosponsor:

Northern Kentucky Health Department

Lactation on the Levee 2017

Featuring
Lisa Marasco, MA, IBCLC

Wednesday,
August 2, 2017
Newport on the Levee
Newport Aquarium
1 Aquarium Way,
Newport KY, 41071



NORTHERN KENTUCKY
BREASTFEEDING
COALITION

Tentative Agenda

8-8:30 a.m.	Registration, coffee, networking and exhibits
8:30-8:45	Welcome
8:45-10:15	Breastfeeding on the Insulin Dysregulation Spectrum
10:15-10:30	Nutrition break/Exhibits
10:30-12:00	Recognizing When Things are Heading South: Investigating for Low Milk Production
12-1 p.m.	Lunch, networking and exhibits
1:00-2:30	Hypoplastic Breast Syndrome: The Hot New Diagnosis?
2:30-2:45	Nutrition break/Exhibits
2:45-4:15	Counseling the High Need Mother
4:15-4:30	Evaluations and adjournment

Registration

Pre-registration is required. Online registration and payment are preferred. Please go to <http://lactationonthelevee17.eventbrite.com>

Fees: \$75 before **July 1, 2017** \$85 after.
\$70 for 3 or more from same agency. Payment is by check or credit card. If you wish to pay by credit card online, a service fee will apply.

Register on **Eventbrite HERE!** For more information or questions contact Nancy Merk at 859-363-2113 or nancy.merk@nkyhealth.org.