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CNSC

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MEd, RDN, MCHES,
FAND

President's Message

Dear GCDA Members:

I hope you all have had a wonderful summer and if you are like me – you aren't ready for it to end.

As I begin my year as President of this incredible organization I first must extend a few thank you's, beginning with Suzanne Summer, our immediate Past President. Suzanne's seemingly effortless leadership took us through a phenomenal year both with internal and external GCDA goals. Congratulations Suzanne on accomplishing all those goals you set out for the organization one year ago!

Second, I would like to thank everyone on the board. The behind the scenes work that occurs year round is awe inspiring. As the often used but very appropriate phrase goes "it takes a village" with each person completing a piece of the puzzle.

Lastly, I'd like to thank you the members. Your support through membership, attendance at meetings and work outside the group makes this organization what it is.

Moving forward here are a few of the things you can expect this year:

- We will be posting shortly on the website all Board Meeting and Member meeting dates. Our goal is to increase attendance at our member meetings so we can better reach all of you and know what your needs are. Our first Membership Meeting is Wednesday, 9/28 at Cincinnati State.

- We are looking to continue the great tradition set forth the last three years and increase our membership numbers by 5% this year. More to come as we firm up numbers.
- Legislation – how does it impact each one of us? We are aiming to increase GCDA's voice via "Action Alerts" and advocacy work.

As I prepare to close did you know that the Academy of Nutrition and Dietetics is celebrating 100 years! What a fabulous time to be part of the organization as we celebrate the first hundred years and look to the future for the next century of work. There will be more to come on this topic as well culminating in the OAND Annual Conference in Cleveland in the spring. We hope all of you will consider attending to mark this significant event in our history.

Lastly, if you haven't renewed your membership please do so today on our website at www.eatrightcincinnati.org and you will find the directions.

Please feel free to email us with any questions, concerns thoughts etc. at GCDA@eatrightcincinnati.org.

Thank you and good health to all.

Diane Dew, RD, LD, CSC
GCDA President 2016-2017

Meet the 2016-2017 GCDA Board



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
Andrea Drott—eNewsletter Asst.
Emily Sillies—Website Asst.
OPEN—Awards/Scholarships



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

Mark Your Calendars!

UPCOMING 2016-17 GCDA 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.**
- **One lucky member of GCDA will win a free AND Membership at EACH membership meeting just for attending!**
- **Register/RSVP for meetings as they are posted on the event page of the website at <http://eatrightcincinnati.org/>**

Wednesday, September 28, 2016 — *School Foodservice: Successful Strategies to Meet Federal School Nutrition Guidelines and Improve Kids' Health & Cooking Demo*
@ The Cooking Theatre at Cincinnati State, 5:00pm-7:30pm
Speakers: Rachel Tilford, DT, SNS and Jessica Johnson, RD, LD, SNS

November 2016 — *Adult and Pediatric Food Allergies*
(Date/Location TBD) Speaker: Carina Venter, PhD, RD

February 2017 — *Health Insurance Reimbursement for Nutrition Therapy & Being an Entrepreneur as an RD*
(Date/Location TBD) Speakers: Jane Snyder, RD, CSR, LD, LMT and Patricia Becker, MS RD CSP CNSC

April 2017 — *Health Coaching*
(Date/Location TBD) Speaker: Theresa Snacher, RD

Save the Date! 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. #OANDCLE2017

2016-2017 GCDA Board Member Bios



Diane Dew GCDA President 2016-2017

Diane is the President of GCDA for 2016-17. Diane has had the great pleasure of working in several diverse areas - long term care (consultant); Cincinnati State (Adjunct Instructor); TriHealth (Health Coach) and Sherpa Coaching (Executive Coach). In addition to all her work passions, she is writing a nutrition book and LOVES spending time with family and friends. She looks forward to a wonderful year working with GCDA!



Meghan McNeill Council on Professional Issues COPI, 2015-2016

Meghan is COPI. She is responsible for planning the GCDA Member Meetings for 2016-17. She works at Cincinnati Children's Hospital Medical Center as a Research Coordinator. Her favorite hobbies include cooking, crafting (specifically knitting), running and spending time with family and friends. She is a novice plant owner and is currently working to strengthen her green thumb.



Alison Cassin Secretary 2016-17

Alison is GCDA Secretary for 2016-17. She is a registered dietitian and board-certified specialist in pediatric nutrition at Cincinnati Children's. She works primarily with kids and adults with food allergies and eosinophilic gastrointestinal disorders. Alison loves to cook and lives in historic East Walnut Hills with her husband and dog Burger.



Irmalis Flores Treasurer 2016-17

Irmalis handles the money for GCDA for 2016-17. She is bilingual in Spanish, born and raised in Puerto Rico. She has a bachelors in Nutrition from the University of Puerto Rico and completed her internship with the Puerto Rico Health Department. She moved to Cincinnati in 2011 and currently works at the U.C. Medical Center in areas of Cystic Fibrosis, Head and Neck Cancer and Med Surge. Her hobbies are spending time with her one year old and husband, and she also likes to go to the gym and the movies.



Patricia J Becker Membership Chair 2016-2017

Patricia is in charge of GCDA's membership for 2016-17. She is a board certified specialist in pediatric nutrition and nutrition support. Pat has worked as a pediatric dietitian taking care of children from conception to adulthood, specializing in pediatric undernutrition. She is active in the profession locally, nationally and internationally. She is a sought after speaker and author on the topic of child nutrition, including pediatric malnutrition; a member of the Pediatric Malnutrition Work group and Lead author of the Consensus statement for ASPEN / AND pediatric malnutrition. Author and presenter. Pat is also owner of KidsRD.com and is partnering with Soma Wellness.



GCDA Board Updates

GCDA History

GCDA IS 92 YEARS OLD.

The Cincinnati Dietetic Association (CDA) started in 1924 with its first meeting on May 4th with seven people that formed the group. In 1929 it became affiliated with the American Dietetic Association (now Academy of Dietetics and Nutrition) and became affiliated with the Ohio Dietetic Association in 1934.

GCDA Website

Visit www.eatrightcincinnati.org to:

- **Renew membership**
- RSVP for all GCDA events and meetings
- View the Membership Directory **Members—Please log in and update your profile.**
- See local RD's in the news

Our email address is:

gcda@eatrightcincinnati.org



Treasurer Report

Irmalis Flores, Treasurer

No report at this time.



Honors, Awards & Grants



Awards & Scholarships
Committee Chair — OPEN

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.

Nominations for awards for 2017 are DUE by November 15th! Take a few minutes to think about those RDN's who make a difference every day. Lets recognize their hard work and dedication to the practice of dietetics and the communities they serve.

MORE INFORMATION ON PAGES 14 & 15 & at www.eatrightohio.org

Contact Diane Dew if you would like to fill this position or at dewnutrition@fuse.net with any nominations. Deadline is Nov 15th!

Social Media



Did you know GCDA had a Facebook page? "Like" us for GCDA news and info!

Email Lisa Andrews at lisa@soundbitesnutrition.com to post any info on our facebook page. We're also on Twitter!

Membership

Pat Becker
Membership Chair



Renewal for 2016-2017 is online!

Don't forget to renew at
www.eatrightcincinnati.org

Current members as of
Sept 29, 2016:

Member Category	Number of Members	Over Due Renewal
Active RD	145	66
Active DTR	4	3
Active student	49	25
50+ years	3	0
Retired	5	2
Totals	202	96

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!

Local GCDA Dietitians in the News

News Clips



*Lisa C. Andrews,
PR/Media Chair*

*If you have
been in the
news, contrib-
uted to videos
or articles
online, please
share it with
us!*

*Email Lisa at
[lisa@soundbite
snutrition.com](mailto:lisa@soundbite
snutrition.com)*



*Lois Smith,
Journal Club West*



*Patricia Becker,
Journal Club East*

Lisa C. Andrews of Sound Bites Nutrition and *Betsy Oriolo* of St. Elizabeth's Health Smart Today did a few segments on varying nutrition topics over the summer.

CLICK ON THE HYPERLINKS TO READ MORE!

September 10, Lisa was quoted by another RD on [foodandhealth.com](#) about [Eating More Fruits and Vegetables](#)

June 16, Lisa was quoted discussing cancer prevention with sustainable lifestyle changes: [Think Pink: Prevent Preventing cancer with healthy food](#)

July 23, WCPO featured a story Lisa was in about a [Culinary Camp pilot program that helped the Freestore Foodbank reach more hungry kids this summer.](#)

Lisa contributed her expertise for SparkPeople: Lisa provided a healthier (and cheaper!) alternative to the EggMcMuffin and Quarter Pounder: [Ditch the Drive-Thru & Make Healthy Versions at Home](#)

Lisa explains a one-size-fits-all approach doesn't work for breakfast: [Bacon or Bust: Should You Skip Breakfast?](#)

Lisa Andrews gives advice on setting boundaries and expectations for your kids' caregivers: [7 Tactics for Talking to Kids' Healthy Habit Saboteurs](#)

Lisa's recommendations are featured in this article on optimizing gut bacteria: [For Better Health, Go with Your Gut](#)

Lisa explains how capsaicin can help relieve pain in an article on health benefits of spicy foods: [7 Surprising Health Benefits of Spicy Foods](#)

Betsy was quoted or featured in these articles and videos on [smarthealthtoday.com](#):

May 9: [Video: How healthy are nuts, really?](#)

May 19: [What you should eat: Spaghetti squash and kidney beans](#)

May 25: [Is there a healthy fast food breakfast sandwich?](#)

May 27: [3 tips for a healthier Taste of Cincinnati](#)

July 6: [4 things to lose from your diet – now!](#)

July 12: [Is "sugar free" a better choice?](#)

July 11: [Video: Using powdered peanut butter in your kitchen](#)

August 4: [Is soy or almond milk better than cow's](#)

GCDA Journal Clubs: West & East

Journal Club is a free benefit of GCDA membership where presenters earn continuing education credit.

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.

New members wanted!

Two CPEs requested per meeting.

Journal Club West

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

For upcoming dates, articles and information, contact Lois Smith at

loissmith417@gmail.com

Journal Club East

Meetings are held at the Hyde Park Library

- **The next Journal Club East is on Monday, October 10, 2016 from 5:30-7pm**
- **Topic: *Nutrition Counseling: a review***

Please RSVP by Oct 1st. To get the articles and information, contact Patricia Becker patricia.becker@cchmc.org

GCDA Board Transition Meeting



Each year in June the GCDA Board and Committee Chairs come together as a group to celebrate the incredible year we just had, welcome new board members and enjoy a meal together!

This also marks the moment and opportunity to transition into new roles for the upcoming year ahead.

The 2016-17 Transition Meeting was Tuesday, June 21, 2016 and was held at Cynthia Blocksom's home.

The pictures (L) show the new GCDA Board Members Meghan McNeill, Alison Cassin and Pat Becker being sworn into their new positions.



SPONSOR A STUDENT

SEND A STUDENT, INTERN, OR RD2B TO THE 2017 OAND CONFERENCE!

All donations will be used to send students (interns and RD2BEs) to the OAND Conference and events. Every dollar counts!

Become a *student supporter* today!

What does my donation do for students? — Exposure to professional conferences, Opportunity to network, Involvement in the Academy throughout their career

All donors contributing \$20 or more to sponsor a student will be recognized in the Conference booklet (name only, not dollar amount) and receive a sponsor ribbon for their nametag at the 2017 Conference.

To support students [Click here](#) #OANDCLE2017

OHIO ACADEMY
of Nutrition and Dietetics

an affiliate of the
RD Academy of Nutrition and Dietetics



Wine & Dine with GCDA Social Event

This years' Wine and Dine with GCDA took place on Tuesday, August 30, 2016 at Water Tower Fine Wines at 6136 Campus Ln, Cincinnati, OH 45230 (under the water tower in Mt. Lookout). We had 41 members and non-members in attendance at this fun event.

Members kicked off the 2016-17 membership year with a wonderful networking opportunity while enjoying fine wine and great appetizers made by Chef Jan! Water Tower Wines is owned by Jan Lazarus, a fellow Registered Dietitian, and her husband David. Jan is a skilled artisan bread maker and lead cooking demonstrations in their new kitchen on how to make baguettes!

Members kicked off the 2016-17 membership year with a Wine & Dine social event at Water Tower Fine Wines in Mt Washington.



(L-R) CGDA board Lisa Andrews, Jane Snyder, Jason Roberts, Sarah Borman & Jessica Zaccagnini enjoying fine wine and healthy appetizers from Chef Jan.



Above (L-R) GCDA member Lauren Niemes with non-member guests Julie Shapiro and Kathy Allen.

Owner, Chef Jan, RD demonstrating to a few attendees how to make various forms of artisan breads.





By Cynthia Blocksom, Public Policy & Reimbursement Co-chair

WANTED!

LOOKING FOR

OAND Legislative Ambassadors!

Ambassadors are those who would be willing to be a resource if and when a bill is introduced in the Ohio State House which would affect the nutritional health of Ohioans. A representative is much more likely to reach out to a constituent living in their district because they want your vote.

Our goal is to match at least one GCDA member to each of the members of the Ohio House Representatives in the GCDA district. At the GCDA Social on August 29th we matched dietitians to 8 of the 14 districts, but still need someone from the other 6! To find who your member of the house is, go to this site and plug in your zip code: <http://www.ohiohouse.gov/>

If interested — please contact Cynthia Blocksom at blocksom@zoomtown.com if your representative is one of the following:

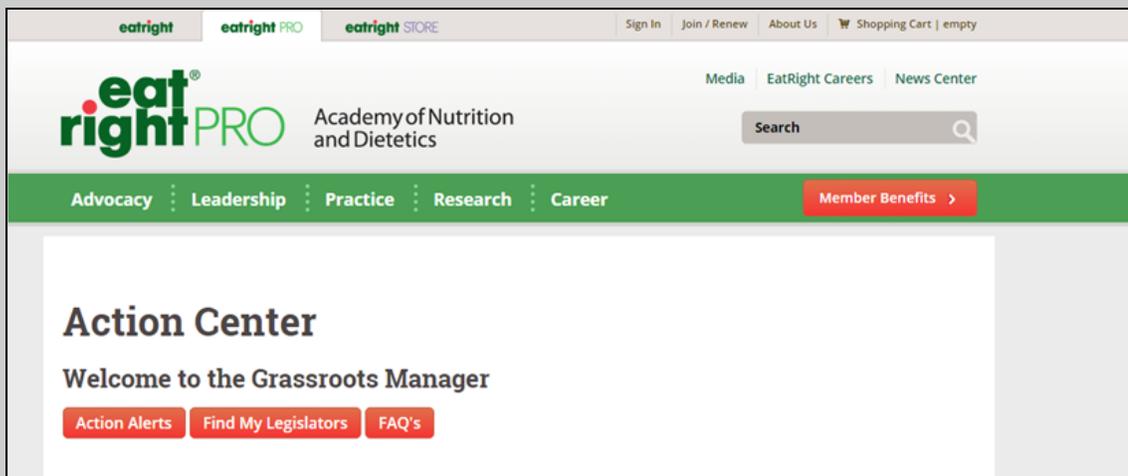
Hamilton County	District 20	Representative Louis Blessing
Hamilton County	District 30	Louis Terhar
Hamilton County	District 32	Christie Bryant Kuhns
Butler County	District 51	Wes Retherford
Butler County	District 53	Timothy Derikson
Clermont County	District 66	Doug Green

DONATE TO OANDPAC

What is the Ohio Academy of Nutrition and Dietetics Political Action Committee?

A “PAC” is a group of individuals you voluntarily join together to support candidates for political office. A PAC remains the most effective way for a profession to unite to support political candidates who are willing to help dietitians achieve its legislative objectives and promote optimal nutrition, health and well-being. A donation of any amount is appreciated. For more information on how to donate go to: www.eatrightohio.com, click on the Members Only Section and choose OANDPAC.

Responding to Action Alerts!



AVAILABLE ACTION ALERTS



Treat and Reduce Obesity Act of 2015
Take Action

WHY DIETETICS PROFESSIONALS NEED TO RESPOND TO ACTION ALERTS

OAND Members Are Reminded to Respond to Action Alerts. PLEASE respond to Action Alerts sent out by the Academy Policy Office. Only 4% of our Ohio members typically respond to Action Alerts and we should do better! Action Alerts are sent to AND members regarding issues with impact the nutritional health and well-being of Americans and the dietetics profession.

There is currently one federal issue where your response is needed: Treat and Reduce Obesity Act (H.R. 2404). This bill would help to effectively reduce obesity rates and treatment costs and improve care for older Americans by facilitating Medicare beneficiaries' access to qualified practitioners.

TAKE ACTION! IT'S EASY

The Action Alert response **letters are already written**, so all you need to do is fill in the blanks with your name and pick the state representative the website identifies for you by your zip code and home address. Visit the Academy website (eatright.org or eatrightpro.org) and click on the Advocacy tab on the left.

- You can even respond to Action Alerts from a smart phone!



Only 4% of our Ohio AND members typically respond to Action Alerts which is totally unacceptable!



Remember, this will only take a moment of your time and you are responsible for the advancement of the profession by being an active member.

DON'T THINK "SOMEONE ELSE WILL DO IT"!
YOU ARE QUALIFIED!

Thank you for taking action!

AND Public Policy Workshop in D.C.



Jason Roberts, GCDPA Past President 2014-15 & Pat Becker, Membership Chair at the AND PPW in D.C.

The Academy's Public Policy Workshop was held June 23-24 in 2016 at the Marriott Marquis Hotel in Washington, D.C. It is the annual food and nutrition advocacy summit to get up to date on current issues and learn how to become the voice of nutrition that Congress trusts.

Jason & Pat met with Representative Wenstrup's Aide as well as Senator Portman's Aide. Jason says "we prepared for DC PPW by completing several modules before the workshop, then attended a conference & gained practice with peers then "stormed the hill"! The OAND policy workshop in Columbus helped me feel more comfortable in D.C."

By Jason Roberts

Jason Roberts & Pat Becker posing in front of the U.C. Jersey in Senator Rob Portman's office in D.C.



Diabetes Supermarket Tours in NKY



Imagine taking your own personal diabetes educator to the supermarket with you....now you can!

FREE Supermarket Tours with a Focus on Diabetes

Stroll the supermarket and learn: healthy shopping tips, label reading, how to incorporate carbohydrate counting into your grocery shopping and what the pharmacy has to offer. Tours will be led by a Certified Diabetes Educator and/or a Registered Dietitian. All participants will receive a reusable shopping bag filled with information and product samples.



Tour #1

Where: Cold Spring, KY Meijer 5400 Alexandria Pike
When: Thursday, Sept. 29, 2016 6:30-8:30 PM

Tour #2

Where: Florence, KY Meijer 4990 Houston Road
When: Thursday, October 20, 2016 6:30-8:30PM



(Please meet in the café area of the store, located near the produce department.)

To Register, email your name(s) and Tour #1 or #2 and contact information to NKYDiabetesCoalition@gmail.com or call Julie at 859-363-2116 or Joan at 859-363-2115 Space is limited – Registration required to guarantee a spot

SHARE WITH YOUR PATIENTS! & VOLUNTEERS NEEDED

Are you able to volunteer at either of these events? Great opportunity for students or Dietetic Interns.

Dietitians and CDE's are needed to lead the tours. We also need other people to assist with the tours and help with registration, set up etc. Volunteers are needed both days from 5 PM to 8:30PM. (*If you are not available the entire time, we can work something out.)

If interested in volunteering please contact: Julie Shapero julie.shapero@nkyhealth.org or 859-363-2116



Sponsored by the Northern KY Diabetes Coalition



Recipe—A Taste of Fall

Roasted Butternut Squash with Lentils and Walnuts

Makes 6 Side Dish Servings

The flavors of this recipe can best be described as sweet and tart with a tiny hint of salty.

- One 20-ounce package peeled, cubed butternut squash
- 4 tablespoons extra virgin olive oil, divided
- 1 tablespoon pure maple syrup
- Kosher salt
- Black pepper
- 3/4 cup apple cider
- 2 tablespoons apple cider vinegar
- 2 tablespoons minced shallots (about 1 small shallot)
- 2 teaspoons Dijon mustard
- 1 cup cooked lentils

1/2 cup walnut pieces, lightly toasted

1. Preheat the oven to 400°F. Line a large rimmed baking sheet with aluminum foil and set aside.
2. Cut the butternut squash pieces into 1/2-inch dice. Place in a large bowl and toss with 1 tablespoon of the oil, the maple syrup, and a generous pinch of salt and pepper.
3. Place the squash evenly on the baking sheet. Bake until golden brown and tender, about 25 minutes. Toss once or twice during cooking to ensure even baking.
4. While the squash is roasting, Combine the apple cider, vinegar, and shallots in a small saucepan. Bring to a boil, lower the heat a bit, and maintain at a low boil until the liquid is reduced to about 1/4 cup, 8 to 10 minutes. Remove from the heat and whisk in the remaining 3 tablespoons olive oil and the mustard.
5. Place the cooked lentils in a serving bowl. Add the roasted squash and the walnuts. Spoon the vinaigrette over the salad and stir gently until well coated. (*When Liz made this, she added half the vinaigrette and reserved the rest for a last-minute drizzle at the table.)

Nutrition Information per Serving (a generous 1/2 cup): 260 calories, 16g fat (2g saturated, 1g omega-3), 85mg sodium, 26g carbohydrate, 5g fiber, 5g protein, 200% vitamin A, 35% vitamin C, 10% iron

<http://www.mealmakeovermoms.com/kitchen/2012/10/24/orange-foods-for-fall-and-a-recipe-for-roasted-butternut-squash-with-lentils-and-walnuts-podcast-203/>



Recipe—A Taste of Fall

Last Minute Black Bean Soup

Makes 4 Servings

This recipe provides 60% of your vitamin C, 15% of your calcium, and 15% of your iron per serving.

- One 15-oz can reduced-sodium black beans, undrained
- 1 ½ cups frozen corn kernels
- ¾ cup salsa
- ½ cup water
- ½ cup finely diced red bell pepper
- 2 tablespoons fresh lime juice (juice of 1 lime)
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- ¼ cup shredded reduced-fat cheddar cheese
- ¼ cup reduced-fat sour cream or plain greek yogurt
- Fresh chopped cilantro



In a medium saucepan, combine the beans, corn, salsa, water, bell pepper, lime juice, chili powder, and cumin. Cover and bring to a boil. Reduce the heat and simmer, uncovered, for 10 minutes. Serve in individual bowls and top with the cheese, sour cream, and cilantro as desired.

Nutrition Information per Serving (about 1 cup): 180 calories, 1.5g fat (1g saturated), 380mg sodium, 33g carbohydrate, 7g fiber, 10g protein

<http://www.mealmakeovermoms.com/kitchen/2012/01/30/vegetarian-black-bean-soup/>

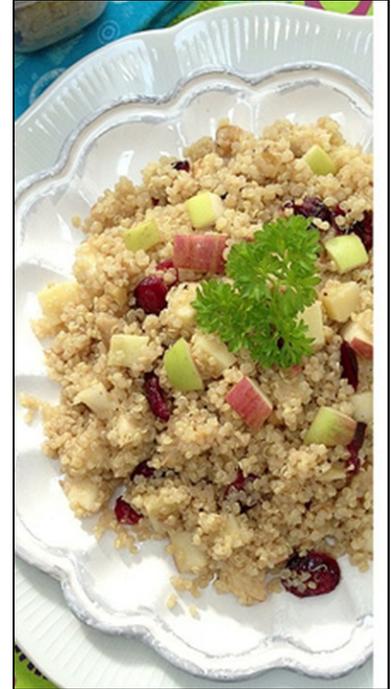
Recipe—A Taste of Fall

Autumn Apple Quinoa Salad

Makes 6 Servings

Snacking on apples is easy—just slice 'em up and enjoy—but sometimes it's nice to use them in recipes like this easy side dish.

- 1 cup quinoa
- 1½ cups water
- 2 tablespoons extra virgin olive oil
- 2 tablespoons cider vinegar
- 2 tablespoons pure maple syrup
- 2 teaspoons Dijon mustard
- ¼ teaspoon kosher salt
- 1/8 teaspoon black pepper
- 3 ounces reduced-fat white or orange Cheddar cheese, cut into 1/4-inch dice (about 1/2 cup)
- 1 medium red or green apple, cut into 1/4-inch dice (1 1/4 cups)
- 1/2 cup roughly chopped walnuts, lightly toasted 1/3 cup dried cranberries



1. Place the quinoa in a fine-mesh strainer and rinse very well several times under cold running water. Drain well. Heat a large nonstick skillet over medium-high heat. Place the quinoa in the skillet and "toast," stirring frequently, until the quinoa is dry and gives off a nutty aroma, 4 to 5 minutes.
2. Meanwhile, place the water or broth in a medium-size saucepan and bring to a boil. Add the "toasted" quinoa and stir well. Reduce the heat, cover, and simmer until the water is absorbed and the quinoa is fluffy, 15 minutes. Remove from the heat and let stand, covered, for an additional 5 to 10 minutes. Fluff with a fork.
3. Transfer to a large bowl and fluff gently with a fork every few minutes until the grains cool.
4. In a small bowl, whisk together the olive oil, vinegar, maple syrup, mustard, salt, and pepper until well combined. Set aside.
5. Gently stir the cheese, apples, walnuts, and cranberries into the quinoa. Stir in the dressing. Season with salt and pepper to taste.

Nutrition Information per Serving (about 1 cup): 330 calories, 18g fat (4.5g saturated, 0.9g omega-3), 190mg sodium, 35g carbohydrate, 3g fiber, 8g protein, 10% calcium

<http://www.mealmakeovermoms.com/kitchen/2013/09/24/gluten-free-apple-quinoa-salad/>

OAND Award Nomination Information

Lets have Cincinnati represented well at 2017 OAND in Cleveland!

*To nominate:
Please contact
Diane Dew at
dewnutrition@fuse.net*

Please send in nominations soon so we have plenty of time to get the application in before the deadline of November 15th!

NOMINATE ANOTHER DIETITIAN OR DTR FOR AN AWARD

Take a few minutes to think about those Registered Dietitians who make a difference every-day. Lets recognize their hard work and dedication to the practice of dietetics and the communities they serve. There are opportunities for awards locally and nationally. Here are a few details. Nomination forms and deadlines for nominations are available at www.eatrightohio.org.

Districts need to complete one "OAND/AND Nomination Form" by November 15. OAND's Award and Scholarship Committee chooses final award winners.

OAND AWARDS

PRESIDENTS AWARD

Due November 15th

- Highest award to honor OAND member for outstanding and sustained professional leadership and personal contributions to the OAND
- Advanced the mission of the Strategic Plan of OAND and improved service to members, public, or role of the dietitian
- Leadership through contributions made beyond typical expectations of officers and committee members that result in the advancement of OAND and the profession.
- Outstanding and sustained leadership contributions to OAND. Community Service (not necessarily in dietetics)

MEMBER MERIT

Due November 15th

- Commitment and meritorious service to the Strategic Plans and goals of the OAND and/or its District Dietetic Associations
- Important and creative contributions to OAND
- Contributions toward the achievement of OAND's Strategic Plan or goals of District Association that exceed routine expectations of committee/office responsibilities

OUTSTANDING CONTRIBUTION

Due November 15th

- To recognize significant contribution to the profession and the association by NON-MEMBERS
- Can be an individual or an agency.
- May have been paid for their efforts, but contribute over and beyond what is expected.
- May be in any area such as legislation, marketing, education, etc.

RESEARCH DIETITIAN

Due November 15th

- Recognize the commitment and contributions of practitioners to the field of dietetics through research and provide OAND members with a role model
- Currently engaged in research and has shown leadership in promoting dietetic research.
- Relevance and appropriateness of topic, scientific soundness, method used, and value to the dietetics community and the public.

SPECIAL PROJECT GRANT

Due November 15th

- Innovative endeavors in dietetics which promote optimal health and nutritional status of the population and which would benefit OAND members.
- One or more grants of up to \$500.00 each
- Not for usual association business

AND/OAND AWARDS

EMERGING DIETETIC LEADER

Due November 15th

- Dietitians who have made distinctive contributions early in their careers regardless of age
 - Practice experience not less than 5 years and not greater than 10 years
 - Active participation in the national, state, or district association for at least 5 years
 - Concern for the optimal health and nutritional status of the population
- Leadership, in legislation, research, education management

RECOGNIZED DTR OF THE YEAR (RDTY)

Due November 15th

- Technicians who have made significant contributions to the dietetic profession through various activities
- Active participation in district, state, or national association
- Promotion of optimal health and nutritional status of the population
- Leadership, in legislation, research, education, clinical dietetics, food service management, public relations, career guidance

RECOGNIZED YOUNG DIETITIAN OF THE YEAR (RYDY)

Due November 15th

- Young dietitians who have made significant contributions to the dietetic profession
- 35 years of age or younger on April 1 of the year in which they are nominated
- Active participation in national, state, or district association publications, speaking presentations, exhibits, workshops, programs, etc, and professionally oriented activities, which are extraordinary and may be connected with employment
- Promotion of optimal health and nutritional status of the population
- Leadership in legislation, research, education, clinical dietetics, career guidance, public relations, community nutrition, management, etc. either in the association or employment.

OUTSTANDING DIETETIC EDUCATOR

Due November 15th

- Leadership activities of faculty and preceptors in accredited approved dietetic programs
- Faculty with academic or supervised practice preceptors in accredited programs
- Innovative teaching skills, techniques and mentoring
- National, state, or district dietetic leadership association activities, community service, honors received, scientific and professional presentations, publications, or employment

OUTSTANDING DIETETIC STUDENT

Due November 15th

- Student enrolled in their last year
- Leadership positions(s) in student dietetic association or other organizations
- Activities demonstrating initiative, creativity, perseverance, and personal vision
- Service in some activities that are not directly connected to dietetics
- Ability to balance many aspects of life, such as academic requirements, community service, activities, personal fitness, job experiences, and social activities

To nominate: please contact Diane Dew at dewnutrition@fuse.net

BGSU FOOD AND NUTRITION SYMPOSIUM

SAVE THE DATE

Friday, November 4, 2016

Registration: 8:30 a.m.

Time: 9 a.m. to 3 p.m.

Five CEUs available for RDs

The theme of this year's Food and Nutrition Symposium is **Hunger**. Dietitians, students, and health professionals who want to expand their knowledge of nutrition are welcome to attend.



Questions? Contact: Brittany Miller at bwynn@bgsu.edu

Kentucky Statewide Diabetes Symposium 2016

Friday
November 4th

Marriott East
Commonwealth Ballroom
Louisville, KY

Symposium Held in Recognition of
WORLD DIABETES DAY



Continuing Education Application Submitted
Certified Diabetes Educators • Registered Dietitians
Registered Nurses • Registered Pharmacists

REGISTRATION INFORMATION

ONLINE REGISTRATION AND PAYMENT REQUIRED:

Online Payment Early Registration Fee
(on or before October 17, 2016) \$60

Online Payment Late Registration Fee
(after October 17, 2016) \$80

UNABLE TO PAY ONLINE:

In the event an individual is unable to PAY online, REGISTRATION ONLINE will still be required. There will be an option to mail in a check with a printed registration form; however, an additional \$25 per person administration fee will be charged. See online registration <http://tinyurl.com/KYDiabetes16> for details.

Check Payment Early Registration Fee
(on or before October 17, 2016) \$85

Check Payment Late Registration Fee
(after October 17, 2016) \$105

REGISTRATION DEADLINE: October 26, 2016

Enrollment is limited, therefore, early registration is encouraged. Notification of cancellation required for partial refund by October 26, 2016. No refunds after October 26, 2016. Registration includes light breakfast, lunch, and snacks.

PARTICIPANT REGISTRATION:

Space is limited and registrations will be accepted on a first-come, first-serve basis ONLINE at <http://tinyurl.com/KYDiabetes16>.

IF REGISTRATION CLOSED —

SIGN-UP FOR WAITING LIST:

If you attempt to register for the Symposium and receive the following message — "Registration is closed. The registration limit has been met" — you may choose to sign-up for a Waiting List at <http://tinyurl.com/KYDiabetes16Wait>. Should cancellations occur, potential attendees from the waiting list will be contacted and given priority to fill open spaces.

UNABLE TO ATTEND —

HOW TO CANCEL A REGISTRATION:

Notification of cancellation is required by 10-26-16 for partial refund.

TO CANCEL:

Send a cancellation message, including name, address, phone and e-mail to janice.haile@ky.gov.

Online Registration:

Registration Deadline

October 26, 2016

PARTICIPANT REGISTRATION

Online Registration:

<http://tinyurl.com/KYDiabetes16>

WAITING LIST

Online Registration:

<http://tinyurl.com/KYDiabetes16Wait>

INDUSTRY ALLIES COUNCIL (IAC) / EXHIBITORS

Online Registration:

<http://tinyurl.com/KYDiabetes16>

Exhibitor

\$\$ SAVE MONEY! \$\$

Register and Pay Online by October 17, 2016

**SAVE YOUR PLACE
REGISTER EARLY**

For program information, contact:

Julie Shapero 859-363-2116 julie.shapero@nkyhealth.org
Janice Haile 270-686-7747 x 3031 janice.haile@ky.gov



**Council on
Renal Nutrition**

**Cincinnati-Dayton Council on Renal Nutrition
Fall Symposium
Friday, November 11, 2016
Eddie Merlot's,
10808 Montgomery Road, Cincinnati, OH 45242
513-489-1212 www.eddiemerlots.com**

- 7:30 AM - 8:00 AM **Registration and Vendor Exhibits, Continental Breakfast**
- 8:00 AM - 8:15 AM **Opening Remarks**
- 8:15 AM - 9:15 AM "Motivational Interviewing – READS"
Rebecca Galvin MS, RD, CSR, LD, Senior Renal Clinical Consultant,
Sanofi Renal Medical Affairs (*non-credit session*)
- 9:15 AM - 10:15 AM "Peritonitis Prevention Strategies: Modifiable Risk Factors"
Teresia Klaene RN, Clinical Educator, Baxter Renal Division (*non-credit session*)
- 10:15 AM -11:00 AM **Break and Vendor Exhibits**
- 11:00 AM -12:00 PM "Dental Considerations for Individuals with Renal Disorders & Diabetes"
Cynthia Stegeman EdD, RDH, RD, LD, CDE, FAND, Chair and Professor,
Dental Hygiene, University of Cincinnati Blue Ash
- 12:00 PM - 1:00 PM **Lunch and Vendor Exhibits**
- 1:00 PM – 2:00 PM "The True Cost of Malnutrition"
Susan Smith, MS, RD, CDE, Renal Education Manager, Pentec Health
- 2:00 PM – 2:15 PM **Break**
- 2:15 PM – 3:15 PM "Barriers to Healthy Eating: Food Insecurity and Poverty"
Jennifer Steele BSW, MPA, Area Executive Director, Crohn's and Colitis
Foundation of America, Southwest Ohio
- 3:15 PM – 3:30 PM **Closing Remarks and Evaluations**

Earn up to 4.0 CPEU's, pending NKF/CDR approval.



The National Kidney Foundation is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR).

Registration Form

Fee: RDs/DTRs: \$65.00
(\$85 if postmarked after Oct. 28, 2016)
Students: \$50.00
(\$70 if postmarked after Oct. 28, 2016)

Name: _____
Address: _____

Affiliation/Workplace: _____

Phone: _____
Email: _____

Please complete form and return with payment. Make checks payable to:
Cincinnati/Dayton Council on Renal Nutrition.

Please send check and registration to:
CD-CRN
C/o Jane Snyder, Treasurer
PO Box 428824
Cincinnati, OH 45242-8824

No refunds for registration fees after November 4, 2016.

For more information or questions, contact
Lisa Sorn (lisa.sorn@dciinc.org) or Sheri Tierney (stierney@usrenalcare.com)