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OCDDA *update*

OFFICIAL NEWSLETTER OF THE
OKLAHOMA CITY DISTRICT DIETETIC ASSOCIATION

2010 OCDDA Election Results

President Elect
Melissa Church

Treasurer Elect
Melissa Heuer

Secretary Elect
Hollie Solnok

Nominating Chair Elect
Jessica Shaw

Nominating Chair Committee
Peggy Turner

Congratulations to all the candidates listed above and welcome to the OCDDA Board! Proposed changes to the OCDDA By-Laws were overwhelmingly approved. Big thanks to the other members of the Nominating Committee, Amanda Bower and Tiffany Shurtz, as well as to Lisha Chandler for all their help and hard work throughout the nominating process.

Josh Brown, MS, RD/LD
OCDDA Nominating Chair

OCDDA Awards and Scholarships

OCDDA Distinguished Dietitian of the Year
Karen Funderburg, MS, RD, LD

OCDDA Scholarships
Jeri Bright, OU Health Sciences Center
Jennifer Graef, OU Health Sciences Center

Part of OCDDA's mission is for our local community of nutrition professionals to stay united and cohesive. One way to do that is by sharing our news with each other. If you have something you would like to share in the *OCDDA Update*, please submit your information to Sara Perdue at Sara.Perdue@va.gov.

OCDDA UPDATE



President's Message

Happy Spring, OCDDA members,

This year is coming to an end, but only to lead us into another great and exciting year this Fall as Caroline Mathis becomes the next OCDDA President. I have been delighted to serve as your president and support the dietitians in this district. Thank you to the members for your support. It's your support that gives us the opportunity to host four program meetings for CEU credits, provide two \$500 scholarships, offer great networking opportunities, quarterly newsletters, and promote National Nutrition Month. I would also like to thank all the sponsors and speakers who provided their time to make the meetings successful.

This year was also exciting for OCDDA as we made advancements in the benefits of electronic communication. We now have a Facebook page and an email account ocdda1@gmail.com. This will allow better communication across the district and provide another great way to advertise upcoming meetings and increase membership. This has also allowed us to maintain a tight budget by decreasing our usage of paper and postage by using electronic newsletters and online voting for officer elections. Another big success this year was the first ever OCDDA Zumbathon to support National Nutrition Month and raise money for the Regional Food bank. It was a big success!!

I know everyone is busy these days, but your support is greatly appreciated and I encourage more dietitians in this district to get involved. The OCDDA Board continues to work hard to make each year successful and bring new ideas to the table for the members. Your feedback is always beneficial and we need volunteers for committee support.

I would like to take this time to say, "THANK YOU" to all the board members for their hard work and support. I couldn't have done it without you. It has been exciting to work with each of you and make new friends along the way. I appreciate all the support. I am sad that a few of you are moving away but wish you the best in your future. We have great officers who will be ready to fill the shoes of the current officers and start working on details for the upcoming year.



I hope everyone has a great and safe summer,
Lisha Chandler, RD/LD
OCDDA President

OCDDA on Facebook

Become a fan of the Oklahoma City District Dietetic Association on Facebook to find out the latest news, announcements, etc. If you're a member of the Facebook community, check it out and become a member of our group page! Also, our state affiliate, the Oklahoma Dietetic Association, also has a Facebook page. Be sure to check a fan of ODA, too!



*** The Oklahoma City District Dietetic Association has a new group email account. Be sure to add ocdda1@gmail.com to your address book to ensure you receive all OCDDA emails. ***

OCDDA Meeting Synopsis

Happy Spring! Thank you, OCDDA members, for giving me the opportunity to serve as your Program Chair. I have greatly enjoyed planning this year's programs for OKC's dietitians. OCDDA's 4th and final meeting of the year was held on April 29 at OUHSC's College of Allied Health and featured two student presentations.

Meghan Manogue presented "Caffeine and Pregnancy," discussing recent research and ADA's position on the topic. We had two new soon-to-be-moms in the audience, so this was a very timely presentation!

Our second presentation, entitled "Role of Fish Oil in Reversing Parenteral Nutrition Associated Liver Disease" was given by dietitian Lindsey Pope. In her presentation, Lindsey discussed the safety and efficacy of fish oil based intravenous lipid emulsion versus the FDA approved soybean based lipid emulsion.

A big thank you to Abbott, who sponsored this meeting. And thank you to OU and to Meghan and Lindsey for a great meeting. We look forward to seeing you all in the Fall!

- Caroline Mathis, RD/LD

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Therapeutic, elemental nutrition for GI dysfunction

Evolved nutrition therapy with advanced-technology ingredients to enhance absorption and tolerance



Vital 1.0 and Vital 1.5 are designed to be well-tolerated, peptide-based, elemental formulas for patients experiencing maldigestion, malabsorption, or impaired GI function and/or feeding tolerance. Vital 1.0 and Vital 1.5 contain an advanced blend of hydrolyzed protein, structured lipid, and prebiotic (NutraFlora[®] scFOS[®]), to support excellent absorption and tolerance.

- For patients with maldigestion, malabsorption, or other GI intolerances issues
- For oral or tube feeding
- For supplemental or sole-source nutrition
- Not for parenteral use
- Use under medical supervision



For more information please call your local Abbott Nutrition Representative





OCDDA Celebrates NNM® with Zumbathon and Nutrition Health Fair



This year for National Nutrition Month®, OCDDA hosted the inaugural National Nutrition Month® Zumbathon at Saint Anthony Hospital on March 27th to benefit the [Regional Food Bank of Oklahoma](#). Zumba® is a fun, interactive dance aerobic fitness program that combines Latin rhythms with cardiovascular exercise and is led by certified Zumba® instructors.

This health fair provided a network of qualified health care professionals, including Registered Dietitians, certified personal trainers and fitness instructors, with a shared mission to improve community wellness in an energetic atmosphere. The "Ask the Registered Dietitian" booth allowed local Registered Dietitians to market their unique services while emphasizing the importance of making informed food choices and developing sound eating and physical activity habits.

After 2 hours of Zumba®, participants were able to raise enough money to provide 2500 meals for hungry Oklahomans across the state. For more information on how to find a local certified Zumba® instructor, please visit www.zumba.com/us/.

A special thanks for all the donations and support that made this event successful:

- Saint Anthony Hospital
- Sodexo
- Lincare
- Transformation Fitness
- Zumba® with Kelly Fitness

Stephanie Cannon MS, RD/LD
Integris Health System



ODA News

ODA's Third Annual Dining At the Capitol

May 13, 2010



What is it?

In 2008, the Oklahoma Dietetic Association began a partnership with Oklahoma's Agricultural Community and created this event to emphasize Oklahoma's natural products. Every year, our goal is to educate state legislators and their staff members about dietitians and the benefits of using Oklahoma's natural products to promote good health across the state.

How can organizations within the Agricultural Community participate?

Participating organizations prepare and bring a healthy recipe to serve between 11:00 am and 1:00 pm. The recipes brought by participating organizations make a complete, healthy meal. Each year we expect approximately 600-700 people to attend the event, including legislators, their staff members, public officials, ODA members, and the citizens of Oklahoma. Guidelines and participation forms are available from the ODA Central Office.

How can ODA members participate?

Come and enjoy lunch on the 4th Floor Rotunda at the capitol between 11:00 am to 1:00 pm. Promote RDs and DTRs to our legislators and the staff members.

For more information, contact the ODA Central Office at 877-656-8874 or oknutrition@oknutrition.org.



ODA is Going to Publish a Cookbook!

Fall 2010

Thank you to all the wonderful members that have submitted delicious recipes to include in the cookbook! It's not too late if you would like to submit your recipes for the cookbook too! We need your favorite, healthy recipes for everything, including appetizers, salads, soups, main dishes, vegetables, side dishes, desserts, and more!

Guidelines for submitting recipes:

- Recipes must be original and not taken from other cookbooks, magazines, newspapers, the internet, or other published sources.
- If possible, please type the recipe single spaced in Times New Roman font.
- If you have the nutrition information for your recipe, please submit that with the recipe.

To submit your recipes, please send them to Tiffany Shurtz at tshurtz@uco.edu. All submitted recipes will be considered for the cookbook, but we cannot guarantee that every recipe will be included.

The cookbook is expected to be published in the fall of 2010. Pricing information will be posted when it becomes available. Proceeds will go toward ODA scholarships. If you have any questions, please email Tiffany Shurtz at tshurtz@uco.edu.

ODA News, Cont.

ODA Professional Awards & Scholarships

Congratulations to OCDDA members recognized at the Oklahoma Dietetic Association's Spring Convention during the ODA Scholarship & Awards Reception on March 25!



Emerging Dietetic Leader
Amanda Jones, RD, LD

Recognized Young Dietitian of the Year
Sara Perdue, MS, RD, LD, CSG

Oklahoma State University - ODA Scholarship Recipient
Misti Leyva, MS, RD, LD
ODA Graduate

OU Health Sciences Center - ODA Scholarship Recipient
Caytlin Snodgrass
ODA Undergraduate

OCDDA Membership Directory: Changes &/or Additions

Please add the following change to your 2009-2010 OCDDA Membership Directory. If you are a paying OCDDA member and have not received your OCDDA 2009-2010 Membership Directory in the mail, please contact Sara Perdue via email at Sara.Perdue@va.gov.

- Mary Brown, MS, RD/LD, CDE has a new email address. Please delete the old email address and replace with mary.dianne.brown@gmail.com.

OCDDA UPDATE



CAMPUS

ORN ER



It's that time of year again! The OUHSC Student Dietetic Association has had a lot of exciting events this Spring!

The OUHSC SDA got a group together and participated in the Big Event, cleaning the grounds and spreading new mulch into the flower beds of Arthur Elementary School in Oklahoma City on April 10.

Chef Dave Fouts, author of the cookbook, *Cook Wise*, is a bariatric chef who currently works and resides in Edmond. He has been working with an Edmond elementary school in developing a nutritious lunch menu. He spoke to our group about the importance of nutritious meals and how they affect children in their future. He even provided each of us with a copy of his cookbook!

We plan on having a graduation party for our graduating class of Nutrition students at Louie's in Brookhaven, and we wish them all the best in their future Dietetic careers!

- Stephanie Badaroux, OUHSC



The University of Central Oklahoma Student Dietetic Association has had an exciting and eventful Spring semester! During our April SDA meeting, we were honored with the presence of some familiar faces. Our very own dietetic interns enlightened us with their presentation on artificial sweeteners!

We also held elections for Student Dietetic Association officers and we would like to recognize our new inductees for 2010-2011:

- President – Megan Lodes
- Vice President – Torie Fuller
- Secretary – Katy Soper
- Treasurer – Nick Frary
- Fundraising Committee – Kimberly Garrett
- Public Relations – Chelsea Elam.

We had many volunteer opportunities that we took part in. For Earth Day, we placed a booth outside of the Human Environmental Science building. We sold small plants for a fundraiser while we handed out free fruit to students that were walking by. Many of the UCO students attended the ODA spring convention that was held in Tulsa, Oklahoma. There were many wonderful speakers that gave their time to increase the knowledge of many individuals about nutrition.

We are super excited about the future and how we as individuals can change the outlook on nutrition.

- Bryan Austin, UCO

OCDDA UPDATE



Dates to Remember:

May 13, 2010 Thursday	<u>ODA Dining at the Capitol</u>
May 19, 2010 Wednesday	OCDDA Board Meeting 5:30 at McNellie's
Fall 2010	<u>ODA Cookbook</u>
September 17, 2010 Friday	ODA Fall Symposium Wes Watkins Center Stillwater, OK *Program and registration information will be available on the ODA website (www.oknutrition.org) in August .
November 6-9, 2010 Saturday - Tuesday	ADA's 2010 FNCE Boston, MA