

In This Issue:

- President's Message....1
- 2010-2011 OCDDA Board Members.....2
- OCDDA Meeting Info.....3
- Campus Corner.....4
- Dates to Remember.....5
- Membership Form.....6
- OkCD Workshop Info.....7-8



OCDDA

update

OFFICIAL NEWSLETTER OF THE
OKLAHOMA CITY DISTRICT DIETETIC ASSOCIATION

President's Message

Happy Fall and welcome to the Oklahoma City District Dietetic Association (OCDDA). What an exciting time to be a dietitian! The media is buzzing with nutrition topics, from the First Lady to Mayor Mick Cornett's "This City is Going on a Diet!". This 2010—2011 year is going to be fantastic, and we look forward to you joining us! The energetic OCDDA board has met, listened to comments, and has great plans for this year. We will be offering 8 CEUS for only \$25, as well as various social activities. We hope this will be a great way for you to network with other OKC Metro dietitians.

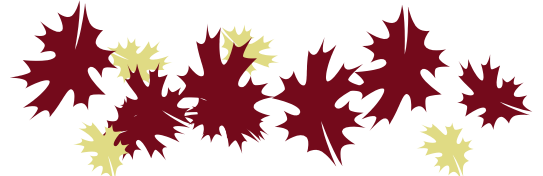
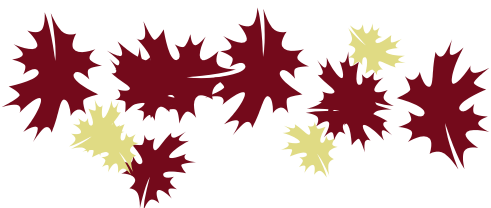
OCDDA will still be collecting canned food items at each meeting this year for the Central Oklahoma Food Bank. Please join us in support this worthy campaign!

Become a member today and enjoy meetings at various metro locations, socials, and networking opportunities! Be sure to add the OCDDA g-mail account into your contact lists so that you can stay up to date with OCDDA.

We look forward to seeing you at the next OCDDA function!

- Caroline Mathis, RD

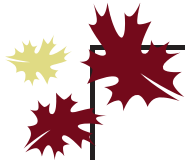
Enhance Your Career with OCDDA. Join Today!



OCDDA UPDATE



2010-2011 OCDDA Board



President

Caroline Mathis, RD, LD

President-Elect & Program Chair

Melissa Church, MS, RD, LD

Secretary

Lisa Reily, RD, LD

Secretary-Elect

Hollie Kirby, MS, RD, LD

Treasurer/Finance Chair

Leah Hoffman, MS, RD, LD

Treasurer-Elect

Melissa Heuer, MA, RD, LD

Membership Chair

Candace Marcum

Corporate Sponsorship Chair

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Communications Chair

Kate Collins, MA, RD, LD

Nominating Chair

Amanda Bower

Nominating Chair Elect

Peggy Turner, MS, RD, LD

Jessica Shaw, MS, RD, LD

Bylaws Chair

Amanda Jones, RD, LD

Publications Chair

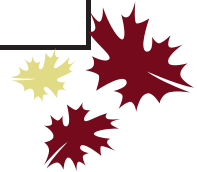
Sara Perdue, MS, RD, CSG, LD

Student Relations Chair

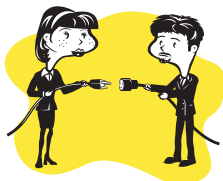
Catherine Palmer, MS, RD, LD

Historian

Lisha Smathers, RD, LD, CNSC



Why Join OCDDA?



Networking

Membership
Directory



Newsletter

Earn up to 8 CEUs
This Year!



OCDDA UPDATE



OCDDA Fall Kick-Off Meeting

Greetings! OCDDA kicked off the year with a wonderful meeting sponsored by the Pork Board on September 27th at the OU Health Sciences Center. There was a great turnout and several students attended as well. Joe Popplewell, an operations production manager from Seaboard Foods, spoke about *America's Pork*. This informative presentation compared pork to other meats for fat, calories and cholesterol. Mr. Popplewell also educated us about raising pigs and pork production facilities. Check out their website at <http://www.porkandhealth.org> for free hand-outs and healthy recipes.

We are planning on having another meeting with 2 CEUs before the end of the year, as well as a holiday party where we can meet, mingle, and enjoy each other's company. Watch for email updates and check out our website at <http://www.OCDDA.org> for information on upcoming meetings. We look forward to seeing you soon!

Don't miss the next OCDDA meeting!

When? Tuesday, November 30

Where? OUHSC College of Allied Health

Time? Social at 5:30 & Presentations starting at 6:00

Presenters:

- Ashley Frampton: "The relationship between gestational weight gain and infant fat mass: An appropriate timeline for intervention"
- Jennifer Graef (winner of the 2008 OKC Memorial Marathon): "Use of antioxidants and other dietary recommendations for exercise performance in both adults and the elderly"
- Marge Fraser: "Effect of a two-year obesity prevention intervention on percentile changes in body mass index and academic performance in low-income elementary school children"

Sponsor: Dairy Max



Don't forget to bring a canned food item to be entered in a drawing to win a door prize!

OCDDA UPDATE



CAMPUS

ORNER



The Fall semester at the Oklahoma University Health Sciences Center (OUHSC) has been flying by, and the 2010 Summer class of dietetic interns are merely a few weeks away from graduation! It all started in June, when nine students from schools all over the country spent a week together preparing to begin their internships. We reviewed expectations and practiced our counseling and clinical skills. Before we knew it, we were thrust into the fast-paced world of dietetics. We all agreed it was a bit scary at first, but the thrill of applying all of the knowledge we have acquired has been amazing and extremely fulfilling!

With rotations including everything from the neonatal intensive care unit, all the way to geriatric care, we have all been exposed to unique and different experiences at fantastic sites. We have all felt welcomed and fortunate to be placed with such remarkable preceptors, and in turn, our preceptors have given us all rave reviews!

So now, as we finish up our final projects and study for our final exam, OUHSC begins preparations for a new class of interns who will start in January 2011. We wish the new class all the best and hope they will feel as prepared as we do to begin our careers as dietitians!

- Alexa Anderson, OUHSC



The Nutrition Department at the University of Central Oklahoma (UCO) has had a great semester so far. The interns are currently working on their community rotations; they finished their management or clinical rotations in October. The January class of interns is preparing to graduate in December and then to begin their careers as dietitians.

For homecoming, both the interns and Student Dietetic Association (SDA) had booths during tailgating where they got to spread the word on nutrition. The interns provided free “spooky punch”, popcorn balls and apples, while the SDA served vegetarian chili.

Recently, the interns worked together to host the 3rd annual “Application Station”, an event for students wishing to apply for a dietetic internship. The event, which featured different stations for each of the various aspects of the application process, drew a great crowd and the interns were able to provide valuable information to anyone interested in a future in dietetics.

Four interns and several SDA students had the opportunity to attend FNCE in Boston, and what a great experience it was for all who were able to attend!

The Nutrition Department at UCO has had a great year, and we look forward to the exciting events happening in the future!

- Lauren Tilford, UCO



OCDDA UPDATE



Dates to Remember

November 30, 2010 Tuesday	OCDDA Meeting 5:30 Social 6:00 CEU Presentations OUHSC College of Allied Health
December 2, 2010 Thursday	OK Consultant Dietitians DPG (OkCD) 2010 Fall Workshop For more information, please see: http://www.oknutrition.org/District-OkCD
December 3, 2010 Friday	Deadline for membership dues (To have your information published in this year's membership directory)
March 24-25, 2011 Thursday & Friday	ODA Spring Convention "Nutrition Boot Camp: From Basics to Outcomes" Embassy Suites Hotel & Conference Center Norman, OK http://www.oknutrition.org/Spring-Conv
April 11, 2011 Thursday	ODA's 4th Annual Dining at the Capitol For more information, please see: http://www.oknutrition.org/Dining-at-the-Capitol



OCDDA UPDATE



2010-2011 Oklahoma City District Dietetic Association MEMBERSHIP FORM

NAME: _____ DATE: _____

EMPLOYMENT: _____ SPECIALTY: _____

ADA member number: _____

Circle Credential(s):

PhD MS MA RD LD CNSC CDE PLD CDM DT Other: _____

Membership Classification (Circle One):

\$25.00 annual fee
Active

\$12.00 annual fee
Retired

\$12.00 annual fee
Associate (students)

***Please complete ALL information below – **even if you are a returning member!!!**

Please print or write legibly and provide **two** e-mail addresses. We are using e-mail as our **only** source of communication this year, unless a working e-mail address is not available.

BUSINESS ADDRESS: _____

City/State _____ Zip _____

Phone _____ Fax _____

Email _____

HOME ADDRESS: _____

City/State _____ Zip _____

Phone _____ Fax _____

Email _____

Preferred **mailing** address (please check one): _____ Business _____ Home

E-mail address is not available _____

If you would like to join OCDDA to network with colleagues, participate in free and low-cost continuing professional education activities, receive our newsletter, and support successful dietetics practices, please complete this form and return to the address below with the applicable fee (ADA membership is required). **Make checks payable to OCDDA.** Memberships are gladly accepted anytime throughout the year, but please return this form with your payment by Friday, December 3, 2010, to be included in this year's OCDDA Membership Directory. Members are not required to live in the metro area and are encouraged to support the dietetic association of their choice.

MAIL TO:

Candace Marcum

P.O. Box 124

Washington, OK 73093



REGISTRATION FORM

Name _____

Facility _____

Address _____

City _____ Zip _____

State _____

Day Phone _____

Evening Phone _____

Email _____

Fax _____

I need a certificate for RD _____ CDM _____

Francis Tuttle Technology Center
ROCKWELL Campus / Main Building
 12777 N. Rockwell Avenue
 Oklahoma City, OK 73142
 405-717-4900 www.francistuttle.com



OkCD
 Oklahoma
 Consultant Dietitians

Lori Adams
 2501 N. Nail Parkway
 Moore, OK 73160-4178

13 CEUs Total!

Dietary Managers, Dietitians, Administration, Nursing Leadership, Infection Control are Welcome!



WORKSHOP MEETING RESIDENT'S RIGHTS IN CULTURE CHANGE...



WHAT ARE THE STANDARDS? "

Francis Tuttle Technology Center
ROCKWELL Campus
 12777 N. Rockwell Avenue
 Oklahoma City, OK 73142

December 2, 2010
 7:30 Check-In
 8:00 AM - 4:00 PM

13 CEUs Total!

Resident's Rights in Culture Change

\$75.00 For all early registrations

6 CEU Take-home Manual Included

\$100.00 At the Door

SPEAKERS

LINDA HANDY, M.S., R.D.

- RD Presenter at the CMS/Pioneer network Symposium on Food and Dining 2010, entitled "Survey Interpretation of Regulations" (in Culture Change)
 - Loaned from CDPH to participate on CMS Federal workgroup to revise the F 371 Sanitation's Interpretive Guidelines and new Survey Protocol (for Kitchen Observation) for Long Term Care Facilities, finalized 2007, implementation date: Sept. 2008
 - Ten years as trainer in CDPH Academy for New SNF Surveyors (Teaching over 1,000 new surveyors in areas of Sanitation, Kitchen Review, Dining);
 - Consultation & in-service training to CDPH surveyors in all dietary/nutrition related areas;
 - Specialty surveyor on challenging surveys, state projects, & review of program flexibilities and alternate methods of dietetic service;
 - State dietitian surveyor on initial survey team for all small Critical Access Hospitals and Correctional Treatment Centers (Prison Hospitals);
 - Presentations to public providers of health care, College/Internship seminars on government regulation and inspections
- Karen Gray, MS, RD/LD**—Karen is the Training Coordinator/PHS for the Oklahoma State Department of Health.

SCHEDULE OF EVENTS

DECEMBER 2, 2010

7:30 –8:00 am Registration

8:00 – 9:30 am Culture Change

Resident's Rights

1.5 CEU Linda Handy M.S. R.D.

Break

9:45—11:45am Food Code

2.0 CEU Linda Handy M.S. R.D.

11:45 - 1:00 pm Lunch Vendor Education

0.5 CEU

1:00—2:00 pm QJS

1.00 CEU Linda Handy M.S. R.D.

2:00—3:00 pm Survey Issues

1.0 CEU Karen Grey M.S. RD/LD

3:00-4:00pm Speaker Panels

1.0 CEU Karen Grey M.S. RD/LD

Linda Handy M.S. R.D.

Adjournment

NO GUARANTEE OF MANUAL

with out pre-registering!!!!

Additional manuals on regulations & survey preparedness will be available at discount price, Review at: www.handydietaryconsulting.com

\$100.00 Non member

Seating Limited / Register Early

Send registration form and check

payable to OkCD by

November 17th, 2010:

Lori Adams

2501 N. Nail Parkway

Moore, OK 73160-4178

ladamsrdld@cox.net

Please pre-register to be certain we can provide lunch for all attending.

Meeting Room and Lunch provided by:



Abbott
Nutrition



US FOODSERVICE

Your partner beyond the plate.

13 CEUs Total!