

Spring 2011

# The Prospector™



Colorado Dietetic Association Quarterly Communication

LIV. NUMBER 27

## SPECIAL POINTS OF INTEREST:

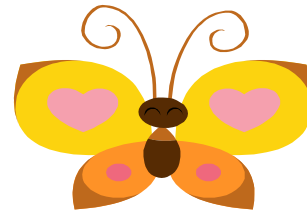
- **Denver Heart Walk:**  
Sat., June 4th
- **LiveWell Colorado:**  
Freshening-Up School Food in Colorado
- **CDA Annual Nutrition Conference and Exhibition, Post-Review**

## President's Message

Jessica Crandall, RD, CDE



In my last newsletter as President of CDA, I want to first thank all of the board members and volunteers who have made my role as president a true joy and honor. Looking back I am proud of all that we have accomplished this last year. We have been able to educate the public and tie in what we as RD's do best and share our common interests.



- CDA's accomplishments in 2010-2011:
  - ⇒ We created a strong public policy team who has been instrumental in hiring a powerhouse lobbyist which is in line with our goals and mission. The current team has been effective in bill monitoring; building our presence at the capitol and creating an effective lobby day with the Kids Eat Right campaign.
  - ⇒ We established a well marketed and attended national nutrition month at the Denver Botanic Gardens that effectively promoted RD's as nutrition experts.
  - ⇒ We cultivated a well attended and educational annual CDA meeting in Colorado Springs and hope that you all enjoyed the various topics.

Please join us in the upcoming heart walk June 4th as well as any future CDA events to enhance our presence and inspire others to work with RD's. We encourage using these events as a way to network our profession.

I would like to say a special thank you to my fellow practitioners at Sodexo Wellness and Nutrition Services for supporting me in the role of CDA's President. My team of RD's is a dynamic, dedicated outpatient practice who help clients clearly understand their specific nutritional concerns.

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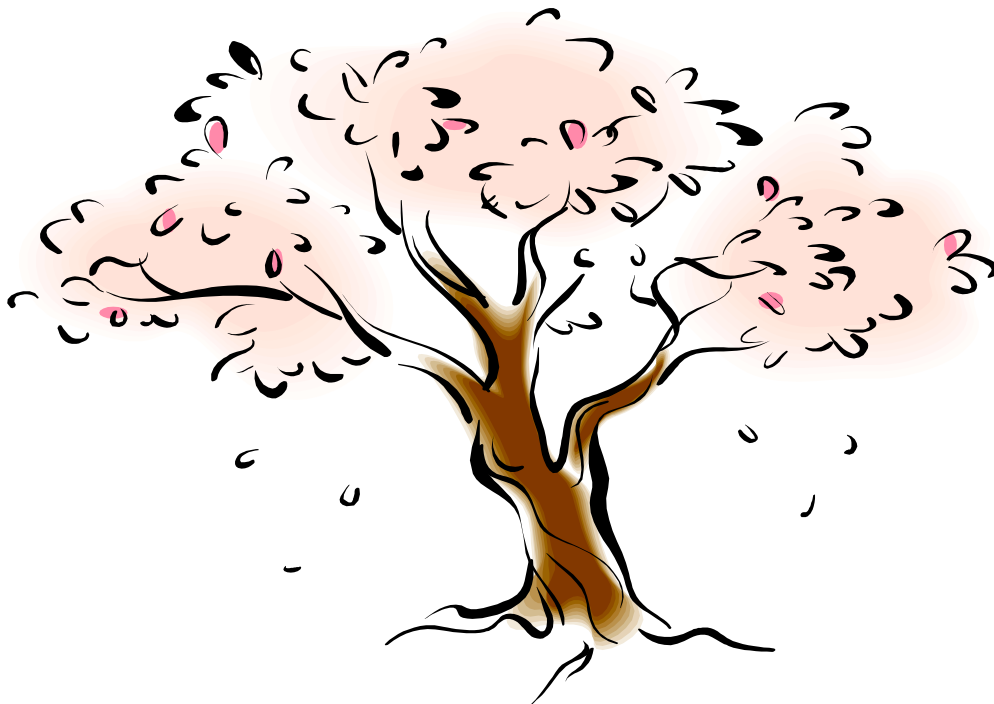


## President's Message, *continued*

I look forward to passing the presidential torch to Athena Evans and embarking on my new role as Spokesperson for the American Dietetic Association. You never know how far your dreams can take you until you put one foot forward. My goal in this role will be to continue to communicate the power of nutrition, clarify our roles as experts in nutritional counseling and encourage America to work with Registered Dietitians. To become more involved in CDA please feel free to contact me.

Sincerely,

Jessica Crandall RD, CDE  
Sodexo Wellness Director/GM  
Colorado Dietetic Association President

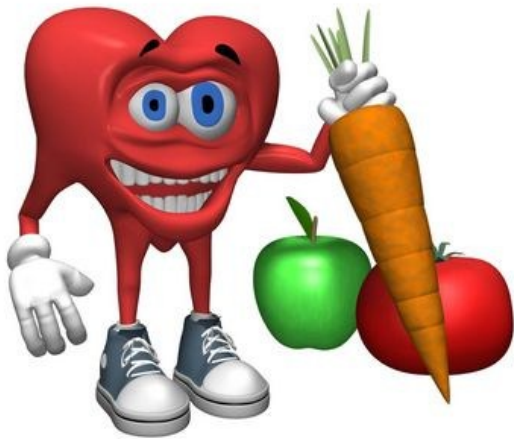


# Committee Updates

## Public Relations/Marketing

Nikki Nienhuis, RD

Angela Mariotti, RD  
PR/Marketing Co-Chairs



Join us for the Denver Heart Walk. The heart walk is Saturday June 4<sup>th</sup> at The Denver Performing Arts Complex. Colorado Dietetic Association has formed a team with over 30 participants and we are looking for more. Please visit the website [www.denverheartwalk.org](http://www.denverheartwalk.org) and search by company [Colorado Dietetic Association] and join our team. All donations go to the American Heart Association; this is also a great way to promote Registered Dietitians as there will be over 13,000 participants in this year's walk.

Did you participate in a 9HealthFair? We are trying to get a tally on how many fairs had an RD present. Please email your name and the date and location of the fair you volunteered at. This will help us in preparing for next year. Please send your email to [nikki.nienhuis@us.nestle.com](mailto:nikki.nienhuis@us.nestle.com).

A big Thank You goes out to all the CDA volunteers who were interviewed on Channel 7 News every Thursday in March. We were extremely well represented and got our voices of experience in front of the public...

Thank you- Jessica Crandall, Katherine Standafer, Andrea Carrothers, Megan Bradley, Andrea Rouge and Jamie Daugherty.

National Nutrition Month at the Denver Botanic Gardens was a big hit! We would like to thank everyone that volunteered for the NNM cooking classes. We look forward to next year's National Nutrition Month and hope to expand the program.

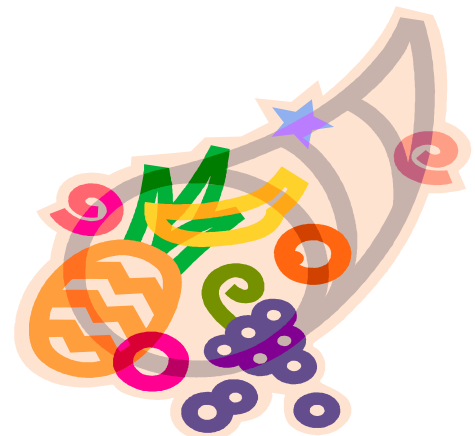
# Committee Updates, *continued*

## Public Relations/Marketing

Nikki Nienhuis, RD  
Angela Mariotti, RD  
PR/Marketing Co-Chairs

### Mediterranean Vegetarian Plachettes

April Sifford, MS, RD Colorado Department of Public Health & Environment  
Stephanie Gall, RD  
Meghan Salazar, Dietetic Intern  
Ann Wyborny, Metro Student



### Live Gluten Free and Eat Your Cake Too-

Melanie Nichol, RD – Mead Johnson representative, private consultant  
Amelia Votopka, Johnson and Whales U. Student, DDA Student representative  
Toni Robey, Metro Student



# Committee Updates, *continued*

## Public Relations/Marketing

Nikki Nienhuis, RD  
Angela Mariotti, RD  
PR/Marketing Co-Chairs

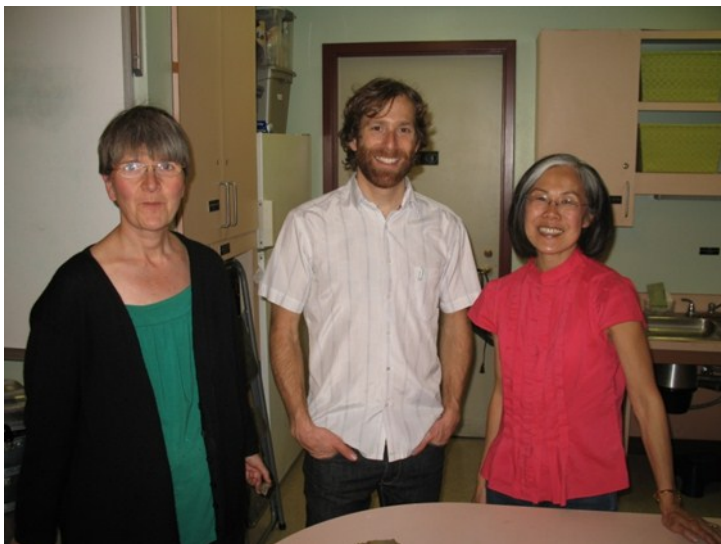
### The Sustainable Kitchen-

Jamie Daugherty MS, RD, LD – on faculty at Johnson and Wales  
Jo Ann Pegues, RD, MPA  
Renee Petrillo, Dietetic Intern, Culinary Degree  
Shelley O’Neal, Metro Student



### Savoring Chinese Tasty Tales –

Mary Lee Chin, MS, RD, Nutrition Edge Communications  
Philip Skaff, MS, RD Metro Instructor  
Barbara Verble, Metro Student



Mary Lee Chin RD  
pictured here teaching  
her participants how  
to make Dim Sum.

# Committee Updates, continued

## Public Relations/Marketing, continued

Nikki Nienhuis, RD  
Angela Mariotti, RD  
PR/Marketing Co-Chairs

### Congratulations to all of the Colorado Dietetic Association Award Recipients!



Recognized Young Dietitian of the Year Award  
**Alexandra Wilson RD**  
pictured with Jessica Crandall RD, CDE (right)



Outstanding Dietetics Student of the year Award  
**Margo Birkholz**  
pictured with Amanda Hermann RD, CDE (left)  
and Jessica Crandall RD, CDE (middle)



Outstanding Dietitian of the Year Award  
**Carol Berends RD**  
pictured with Amanda Hermann RD, CDE (left)  
and Jessica Crandall RD, CDE (middle)



CDA Membership Recognition Award  
**Jessica O'Dwyer RD**  
pictured with Jessica Crandall RD, CDE (right)

# Committee Updates, *continued*

## Member Benefits

Amanda Hermann, RD  
Member Benefits Chair

The Membership Benefits Committee would like to once again congratulate and recognize the following individuals for their ongoing commitment to our association:

Recognized Young Dietitian of the Year ~ **Alexandra Wilson, RD**

Outstanding Dietitian of the Year ~ **Carol Berends, RD**

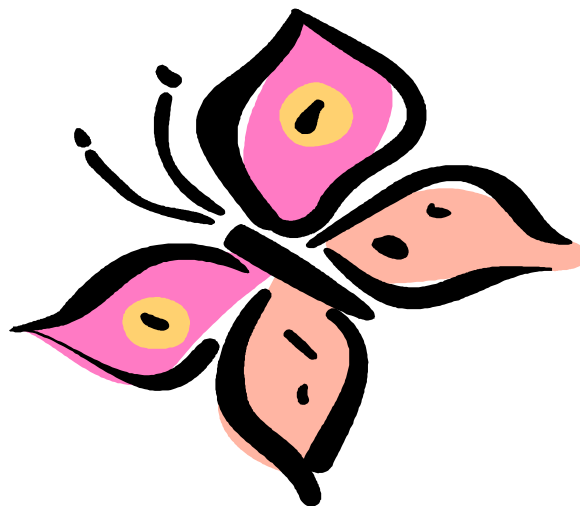
Outstanding Dietetics Student ~ **Margo Birkholz- Didactic Program**

Membership Recognition ~ **Jessica O'Dwyer, RD**

Scholarship Recipients ~ **Jennifer Bowman, MS, RD & Kelsey Sekedat, RD**

We would also like to thank our sponsors for all their donations to the Silent Auction at the CDA Annual Conference this past year. We were able to raise over \$1100 that will be used towards ADA Foundation as well as CDA.

If anyone has an interest with being involved with the Membership Benefits Committee for the 2011-2012 year please contact Amanda Hermann at [Amanda.Hermann@Sodexo.com](mailto:Amanda.Hermann@Sodexo.com). Thanks again to our wonderful committee members Heather Ross and Kate Bennett for volunteering their time this past year!



# Committee Updates, *continued*

## Public Policy

Bethany Braunstein, RD  
Public Policy Chair

### Pursuit of Licensure

We have made incredible progress towards establishing relationships and credibility in the legislature and mobilizing membership to be engaged in public policy issues. We have held several meetings with key legislatures to discuss licensure, and organized a highly successful lobby day with more than 70 members and 21 legislatures and staff. Additionally, CDA has built on that success by continuing to engage members and identifying 20 volunteers to serve as district leaders.

To plan the next phase of penetration, we conducted a survey to our board members who indicated strengths, weaknesses, opportunities, and threats. This will support strategic direction of successful licensure of Colorado Dietitians. Findings include dedication within members and administrative staff, weaknesses within coordination, activism, licensure messaging, fundraising, data management, and staff resources. Threats include turnover between leadership causes delay of efficiency, lack of association support, and competition of non-dietitians. Opportunities include development of volunteer leaders, increase of collaboration between committees, increase Political Action Committee fundraising, and improving messaging to members and public around licensure.

As we move into phase 2 of our contract with our lobbyist team, Mendez consulting, we will use these findings to coordinate our strategic plan encompassing PR/Marketing, Membership, and Public Policy to work in unison for licensure in 2011-2012.

### Summer activities include:

- Turning in our Sunrise application
- Summer advocacy training session
- Increase of resources and communication
- Continued meetings with our legislatures and stakeholders
- Collaboration with ADA state coordinated meetings
- Fundraising Campaign

### How can I get involved? Well.....

1. Find out who your state legislators are at [www.projectvotesmart.org](http://www.projectvotesmart.org)
2. Sign the statement of support for our licensure application.
3. Join the Public Policy Team listserv at [cdappt@yahoogroups.com](mailto:cdappt@yahoogroups.com) to stay informed of opportunities to take action.
4. Attend a public event in your house or senate district to get to know your legislators.
5. Become a **District Leader** in your State Senate district.

### District Leader Job responsibilities include:

- Be the primary contact for your State Senator in your Senate District
- Contact your State Senator at least twice a year – through town hall meetings, personal visits, phone calls, or email
- Encourage the other CDA members in your Senate District to attend visits and meetings with you
- Join the CDA Public Policy Team to be informed and involved!

We look forward to hearing from you! Happy advocating!  
Public Policy Team

# District Updates

## NCDA District Update

Alix Wilson, RD  
NCDA President

The Northern Colorado Dietetic Association (NCDA) had another great year. We had record attendance at our meetings and great feedback from our members this year. The board thanks all of those members who completed the survey, giving us some great ideas to improve what we offer to you.

We are looking forward to working with our newest board members next year. Please welcome the following:

- Lana Olsson as President Elect
- Heather Kirby as Treasurer
- Lisa Caldwell as Nominating Committee Member

As a board, we hope to provide interesting and interactive events to our members next year. Northern Colorado Dietetic Association will be working to increase the presence of dietitians in our community and we will need our members' help. Keep your eye out for volunteer opportunities to be involved at community run/walk events and at National Nutrition Month events in local grocery stores during the 2011-2012 year.

Our final meeting of the year was a tour of Colorado State University's Agricultural, Research, Development, and Education Center, a fun and different kind of event.

Thank you to the NCDA board and our members for a successful year.

For more information regarding NCDA, please contact Alix Wilson at [munro.alexandra@yahoo.com](mailto:munro.alexandra@yahoo.com).



## District Updates, *continued*

**Kristie Kammer, RD**  
SCDA President

### SCDA District Update

It's hard to believe Spring is here and so is the end of our 2010-2011 meeting year. Our meeting year finished in May with a topic on Micronutrients and Mental Health. With this year wrapping up, we are already starting to plan for the 2011-2012 meeting year. We are excited to announce that Suzanne Hall is the new President-Elect and Karen Malabre is our new secretary. We are currently looking for volunteers to fill the National Nutrition Month and Nominating Chair positions. Please e-mail Jean Ann Reid if you are interested. Her e-mail is [jeanann@divide.net](mailto:jeanann@divide.net)

While planning the 2011-2012 speakers, we are always looking for input from our members. Please e-mail any topic suggestions and speaker contact information to [Kristie.kammer.rd@gmail.com](mailto:Kristie.kammer.rd@gmail.com)

Lastly, don't forget to sign up for the SCDA Start! Heart Walk team. This event will take place Saturday, June 4 at the UCCS Campus here in Colorado Springs. The Health and Wellness Fair starts at 7am and the 5K and family walk starts at 9am. Come walk for a cause and represent your local dietetic organization. Feel free to ask your family members and friends to sign up for the SCDA team and walk with you. Please e-mail Kristie Kammer for more information on how to join the team. [Kristie.kammer.rd@gmail.com](mailto:Kristie.kammer.rd@gmail.com)



**Mona Rosene, RD**  
DDA President

### DDA District Update

DDA has completed another successful year! Take advantage of our membership drive to receive a discount on your annual dues. Special rates through August 31! We will see everyone at our kickoff meeting in September; watch the website for details- [www.eatrightdenver.org](http://www.eatrightdenver.org).



### **Freshening-Up School Food in Colorado**

LiveWell Colorado is “freshening up” school food this year by sending nearly 200 school nutrition directors and cafeteria staff from across the state to boot camp – culinary boot camp, that is.

The Cook for America® Culinary Boot Camp training program is a five-day, hands-on training focusing on the fundamentals of scratch cooking. The objective of the boot camp is to equip school nutrition staff with the training, empowerment and inspiration to enable them to incorporate scratch cooking into their own school food programs.

The program is hosted by LiveWell Colorado as part of LiveWell Colorado's Freshen Up! School Food Initiative. Through this effort, LiveWell Colorado is helping schools prepare and serve healthier, fresher food to students. During the week participants engage in hands-on and classroom lessons on such topics as food safety and sanitation, baking techniques, time management, culinary math, commodities ordering and much more. School districts with at least 40 percent of their students registered on the Free and Reduced Lunch Program are given priority entrance into the program. This year LiveWell Colorado has doubled its outreach efforts by increasing the number of boot camps from four in 2010 to eight in 2011. Major funding for the boot camps is provided by the Colorado Health Foundation and through a federal stimulus grant awarded to the Colorado Department of Public Health and Environment.

The leaders for all Cook for America® programs are two highly respected New York chefs, Kate Adamick and Andrea Martin. This year, they are joined by 12 chef instructor trainees who are being trained to become future leaders of the Cook for America® Culinary Boot Camps in Colorado. Once these local chefs have completed their training in October 2011, they will also assume an additional role as “Mobile Chefs” to provide on-site assistance to participating school districts through consultations, workshops, evaluations and other forms of on-going support to continue the transformation in using less processed foods and more made-from-scratch meals.

Through this statewide health initiative, LiveWell Colorado hopes to change the culture of food in schools and reverse Colorado's rising childhood obesity rates. For more information visit [www.livewellcolorado.org/schoolfood](http://www.livewellcolorado.org/schoolfood).

# CDA Annual Nutrition Conference & Exhibition

CDA's annual conference was held on April 15<sup>th</sup> and 16<sup>th</sup> at the Colorado Springs Doubletree World Arena Hotel. We had a wonderful turnout to attend the "Power of Food" themed conference. Friday's daytime events included a dynamic presentation from Jeanne Sexson to improve our public speaking skills and reduce related anxiety. On Friday evening Dayle Hayes MS, RD, kicked off the evening with a fun filled talk on "How to Eat Chocolate: Combining Health and Pleasure for Effective Nutrition Education." Participants were able to get hands-on experience and enjoyed chocolate covered strawberries, chocolate candies, and wine during the event. We closed out Friday night's events with a hilarious and lively presentation on how to get and maintain balance in our personal and professional lives.

Our Saturday session was kicked-off with an informative session by Leslie Bonci MPH, RD, CSSD, LDN on how to get kids to choose a healthier diet and be more active. Morning breakout session highlights included an informative and interactive presentation by Sarah-Jane Bedwell on "Nutrition's Role in Preventing and Treating Vision Related Diseases as well as a presentation from Maria Gordon BS, RD, CPT and Jeff Olson BS on "Food Concentrates: Intervention, Efficacy, and Outcomes." Our lobbyist team (Emily Hanson and Fofi Mendez) empowered us to be more active in our profession and stressed the importance of communicating our voice with our legislators.

Throughout the day participants were able to browse through the 20+ exhibitor tables, speak with vendors, enjoy product samples, and bid on silent auction items. The silent auction included a variety of items to bid on including gift cards, sports memorabilia, and education materials. Funds earned at the silent action will benefit the ADA foundation as well as scholarships. I would also like to congratulate all of the 2011 Colorado Dietetic Association Award Winners!

We rounded out the afternoon with informative sessions presented by Leslie Bonci MPH, RD, CSSD, LDN on how to translate science into action with the 2010 Dietary Guidelines; Julie Beyer MA, RD, CWPC on diet recommendations with interstitial cystitis patients; Anna Rosales RD, CSO on "A Lifetime of Probiotics;" Madhu Gadia MS, RD, CDE on how to meet the needs of Indian and South Asian patients; and Tami Gangestad MS, RD, CNSC, LD, LN who illustrated the effects that enteral nutrition has on the immune response.

Last but definitely not least, a very special thank you goes out to everyone who volunteered to make this year's meeting a success.

I hope everyone has a wonderful summer!

Athena Evans MS, RD, LD, CDE  
2010-11 CDA President-Elect





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**“An advocate of the dietetic profession serving the public through the promotion of optimal nutrition, health and well-being.”**

**For comments and inquiries about the current and future content of the CDA Prospector, please contact the CDA Prospector Editor, Leah Rosenthal, at [prospector.editor.cda@gmail.com](mailto:prospector.editor.cda@gmail.com).**

**Thank you to the following volunteer(s) for assistance in layout and editing:**

**Alice Haas, Dietetic Student**



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