

SOUTHERN COLORADO DIETETIC ASSOCIATION

http://www.eatrightcolorado.org/district_southern.cfm

President's Message



Dear SCDA Members,

I want to thank everyone for his/her support over the past two years to me and to the organization. We have had such a great increase in organizational growth and monthly participation at the meetings, that it has selfishly been great for me to witness and be a part of this growth. It has been an honor for me to represent you and be a part of your board. The board is an amazing group of individuals to work with and I have been so fortunate to have worked with such a great team. Thank you to all the board members!! The SCDA is on a terrific glide path and I know that with Melaina Bjorklund as your next President and Alicia Rill as your next President-Elect, the SCDA is going to really become a vital and vibrant community resource known for its nutrition experts and expertise.

Volunteer organizations need volunteers to sustain themselves. I want to thank everyone who has offered to participate in events, write articles, submit recipes and put on events for National Nutrition Month or provide public speaking in the community. You may have felt like you played a thankless part when in fact what you gave to the SCDA and the community was priceless! Never underestimate the impact you have on a patient, client or family.

I'll leave you with a favorite quote of mine by Maya Angelou, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel". Make it a goal to make someone feel good every day!!!

Wishing you joy in life and your careers!

Take care,
Chris

Christine N. Levy, RD/LD, MBA, MHA
President, Southern Colorado Dietetic Association - 2015/2106
cnlevy@hotmail.com

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SCDA NEWS

2016-2017 SCDA - information will be available in August

- 2016-2017 SCDA Membership Information - pricing, deadlines
 - SCDA Annual Membership Kick Off Meeting in September
 - 2016-2017 Meeting Schedule
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AND Membership Winner: Congratulations to Frances Treat! A drawing was held to select a winner to receive a free AND membership for 2016-2017. Members that attended 6 out of 8 meetings between September and May were entered in the drawing. Frances was our lucky winner this year.

2016-2017 SCDA Board Members

President: Melaina Bjorklund

melainabjorklund2@centura.org

President-Elect: Alicia Rill

aliciahoff05@aol.com

Membership Chair: Julie Stegall

julie.stegall@abbott.com

National Nutrition Month Chair: Kim Schenck

kschenck@uccs.edu

Nominating Chair: Margaret Hammond

mawham@gmail.com

Newsletter Chair: Kirsten Matheson

kirstenmatheson@comcast.net

Secretary: Mary Peet

peetm1ml@gmail.com

Social Media/Marketing Chair: Marie Nyberg

mhnyberg@gmail.com

Treasurer: Sarah Montoya-Ortega

sarahmontoyaortega@iammorrison.com

2016 CAND and AND Awards

The SCDA almost took home every award at the recent CAND conference and we had even more than one nominee for every category; only because we have such a great group of folks in the SCDA. It was a proud night for SCDA!!!!

CAND Award Nominees: Julie Stegall was nominated for the Outstanding Dietitian of the Year award, recognized by the district for her tireless commitment and dedication to our organization and the profession. Erin DiPaolo was nominated for the Outstanding Dietetic Student Award, recognized for her hard work, willing spirit and positive attitude.

CAND Award Winners:



Jenna Moore
UCCS DPD Student
"Outstanding Dietetic Student
of the Year"



Samantha Lawrence
UCCS ISSP Intern
"Outstanding Dietetic Intern
of the Year"



Melaina Bjorklund
"Recognized Young Dietitian of the Year"



Happy Birthday to the Spring Babies

<i>Taylor Anderson</i>	<i>April 2</i>	<i>Melaina Bjorklund</i>	<i>May 25</i>
<i>Molly Switzer</i>	<i>April 4</i>	<i>Barbara Fleet</i>	<i>May 27</i>
<i>Lakshmi Sheanh</i>	<i>April 5</i>	<i>Christine Levy</i>	<i>May 27</i>
<i>Sean Svette</i>	<i>April 13</i>	<i>Gale Partrich</i>	<i>May 29</i>
<i>Nadine Carlile</i>	<i>April 19</i>	<i>Norma Robinson</i>	<i>June 1</i>
<i>Dorothy Neider</i>	<i>April 26</i>	<i>Becky Salas</i>	<i>June 4</i>
<i>Monica Kjoson</i>	<i>April 29</i>	<i>Kathy Jensen</i>	<i>June 7</i>
<i>Julie Stegall</i>	<i>May 19</i>	<i>Susan Smith</i>	<i>June 7</i>
<i>Huey-Jen Pan</i>	<i>May 20</i>	<i>Joseph Rorick</i>	<i>June 9</i>
<i>Martha Rosenau</i>	<i>May 20</i>	<i>Melba Mayall</i>	<i>June 11</i>
<i>Yvonne Steinhour</i>	<i>May 21</i>	<i>Sabra Zirkle</i>	<i>June 14</i>

HAPPY BIRTHDAY to all those born in July and August

<i>Susan Broz</i>	<i>July 5</i>	<i>Kelley Christians</i>	<i>August 7</i>
<i>Shawn Grafitti</i>	<i>July 13</i>	<i>Sharley Schreiner</i>	<i>August 10</i>
<i>Sarah Gregory</i>	<i>July 24</i>	<i>Jessica Wilmers</i>	<i>August 11</i>
<i>Margaret Hammond</i>	<i>July 24</i>	<i>Elizabeth Anderson</i>	<i>August 14</i>
<i>Maria Kretchman</i>	<i>August 3</i>	<i>Rachel Gilson</i>	<i>August 30</i>
<i>Cynthia Chung—Aki</i>	<i>August 4</i>	<i>Teri Meno</i>	<i>August 31</i>
<i>Mary Fellion</i>	<i>August 4</i>		

Summer CPE Opportunities

Earn CPE credit over the summer by taking advantage of free CPE opportunities offered through various sources.

Academy of Nutrition and Dietetics

The Academy offers free CPE opportunities through selected Practice Paper and Journal Articles. Check with your DPGs. These specialty groups often offer free CPEs to their members.

www.eatrightpro.org

Abbott Nutrition Health Institute

On ANHI.org, you will find over 80 self-study courses that are accredited for nurses, dietitians and/or case managers. The site offers a range of topics across different disease states from neonatal to elderly care. <http://anhi.org/courses>

Commission on Dietetic Registration

CDR is offers the Online Dietetics Preceptor Training module, free of charge and good for a total of eight (8) prior-approved CPEUs. <https://www.cdrnet.org/news/online-dietetics-preceptor-training-course-free-of-charge>

Today's Dietitian Magazine

The Magazine for Nutrition professionals offers free CE credits.

<https://ce.todaysdietitian.com/FreeCE>

The Beverage Institute for Health and Wellness (Coca cola)

The Beverage Institute supports lifelong learning of nurses, dietitians, health educators, and other health professionals by providing access to free continuing education programs developed by OnCourse Healthcare Group and other accredited providers on well-being topics of professional interest. http://www.beverageinstitute.org/professional_resources/ce-activities/

International Food Information Council Foundation

The International Food Information Council (IFIC) Foundation is dedicated to the mission of effectively communicating science-based information on health, nutrition and food safety for the public good. <http://www.foodinsight.org/education>

Nutrition 411

Nutrition411.com is a peer-to-peer network. You are welcome to download, modify, and distribute any materials you find on Nutrition411.com for free.

<http://www.nutrition411.com/categories/ce-modules>

Bell Institute of Health & Nutrition (General Mills)

The organization offers recorded webinar that provide free CPEU for RDs and DTRs.

http://www.bellinstitute.com/CPE_Programs.aspx