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 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
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 Member 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  
Irmalis Flores—Treasurer  
Lyndon Davis—Policies/Procedures Chair  
Nick Bess—COPI-Elect  
Lisa Andrews—PR/Media Chair  
Betsy Oriolo—Listserv Manager  
Lois Smith—Journal Club West  
Elizabeth Vennefron—National Nutrition Month/Diversity Chair  
Andrea Drott—eNewsletter Asst.  
Emily Sillies—Website Asst. OPEN—Awards/Scholarships

Not pictured:  
Nick Bess—COPI-Elect  
Irmalis Flores—Treasurer  
Lyndon Davis—Policies/Procedures Chair  
Patricia Becker—Membership, Journal Club East  

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](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!

**Alison Cassin**  Secretary 2016-17

Alison is the 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.

**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.

**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.

**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.
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

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. Let's 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 dwnutrition@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:

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<th>Renewal</th>
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<tr>
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<td><strong>96</strong></td>
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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!
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

New members wanted!

Two CPEs requested per meeting.

Journal Club West

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

If you have been in the news, contributed to videos or articles online, please share it with us! Email Lisa at lisa@soundbitesnutrition.com
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
Wine & Dine with GCDA Social Event

This year’s 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!

(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.

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

<table>
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<th>District</th>
<th>Representative</th>
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<td>Hamilton</td>
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<td>Hamilton</td>
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<td>53</td>
<td>Timothy Derikson</td>
</tr>
<tr>
<td>Clermont</td>
<td>66</td>
<td>Doug Green</td>
</tr>
</tbody>
</table>

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.
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!

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.

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

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

Tour #2

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

To Register, email your name(s) and Tour #1 or #2 and contact information to NKYDiabetesCoalition@gmail.com or call Julie at 859-363-2115 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@nkhealth.org or 859-363-2116

Sponsored by the Northern KY Diabetes Coalition
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

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/
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
- 1/4 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

Let's 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!

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

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. Let’s 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.
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
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 bwnn@bgsu.edu

Kentucky Statewide Diabetes Symposium 2016
Friday November 4th
Marriott East
Commonwealth Ballroom
Louisville, KY

Symposium Held in Recognition of WORLD DIABETES DAY

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-served 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 Programs@KyDiabetes.org

Online Registration:
Registration Deadline: October 26, 2016
PARTICIPANT REGISTRATION Online Registration: http://tinyurl.com/KYDiabetes16Wait
WAITING LIST Online Registration: http://tinyurl.com/KYDiabetes16Wait
INDUSTRY ALLIES COUNCIL (IAC) / EXHIBITORS Online Registration: http://tinyurl.com/KYDiabetes16Wait

SAVE MONEY! $ $ Register and Pay Online by October 17, 2016
SAVE YOUR PLACE REGISTER EARLY

For program information: contact
Julia Shapiro 859-353-2115 julia.shapiro@kyhealth.org
James Halsey 270-886-7747 x 3031 jhalsey@ky.gov
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  “Pentonitis Prevention Strategies: Modifiable Risk Factors”
                    Teresa 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).

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Registration Form

<table>
<thead>
<tr>
<th>Fee</th>
<th>RDs/DTRs: $165.00 ($55 if postmarked after Oct. 28, 2016)</th>
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<tbody>
<tr>
<td></td>
<td>Students: $50.00 ($70 if postmarked after Oct. 28, 2016)</td>
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Name: ____________________________________________
Address: __________________________________________
Affiliation/Workplace: _______________________________
Phone: ____________________________________________
Email: ____________________________________________

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

Cincinnati-Dayton Council on Renal Nutrition
First of America Plaza
PO Box 428824
Cincinnati, OH 45242-8824

No refunds for registration fees after November 4, 2016.

For more information or questions, contact Lisa Som (lisa.som@cdcliinc.org) or Sheri Trenary (strenary@usrenalcare.com)