Dear GCDA members,

I can’t believe the 2015-2016 membership year is over! We’ve had a successful year thanks to our tremendously dedicated officers, committee chairs, and members. Mind if I take a moment to recap our association goals for the year and how we did?

This year we set a goal to increase membership by 5% to 270. As of May 31st, we reached that goal precisely, with 270 active members! We also aimed to have an average of 80 or more attendees at member meetings, and we almost got there: our average meeting attendance was 78 people.

Our financial goal was to be “in the black”, meaning that we break even or have a positive account balance at the end of the year, versus a negative one. Happy to report that we are in good shape there, allowing us to continue to keep member dues low while offering free CEUs, dinner at meetings, Academy free membership raffle, etc.

Finally, this year we wanted to improve our advocacy efforts and increase public policy awareness and action. To that end, we sent 4 GCDA members to the student/intern policy day in October, 9 GCDA members to the OAND Public Policy Day in April, and we voted to send one GCDA representative to the national Public Policy Workshop in June.

However, we still need to improve how many GCDA members are responding to policy Action Alerts. So, there’s still more to be done to improve our advocacy.

Last year when we set these goals, they were just a list of items to help us focus efforts and resources. But now, looking at the results, it’s easy to see how achieving (or at least attempting) these goals contribute to the overall strength of GCDA and the power of YOU – the dietitians, diet techs, and students – to make a difference in our practice.

Summer is coming and that means vacations, fun in the sun, and a “break” from GCDA events as we gear up for next year. But, your membership means you can stay connected through the website, social media, email announcements, news alerts, and job postings. And, as always, we will have a fabulous Networking Social sometime in late August/early September. Hope to see you there!

Suzanne

Suzanne Summer, MS, RD, LD
GCDA President 2015-2016
Incoming or Continuing Board Chairs:
President: Diane Dew
Past President: Suzanne Summer
COPI: Meghan McNeill
Membership: Patricia Becker
Treasurer: Irmalis Flores
Secretary-elect: Alison Cassin

Congrats to our new elects:
President-elect: Sarah Borman
Treasurer-elect: Jessica Zaccagnini
COPI-elect: Nick Bess
Membership Chair-elect: Alli Bokenkotter
Secretary-elect: Kati Klinger

UPCOMING 2016-17 GCDA MEMBERSHIP MEETINGS

Council on Professional Issues Chair, Meghan McNeill is busy planning the upcoming member meetings for another great year of GCDA!

There will be a GCDA Social in August. Date & Time TBD

Other potential topics in the works may include food allergies, the microbiome, reimbursement for medical nutrition therapy and nutrition focused physical exams. Dates & topics will be announced in the fall.
GCDA Board Updates

GCDA Diversity

News

Alli Bokenkotter, BS
Diversity/National Nutrition Month Chair

GCDA was awarded a $500 Diversity Mini-Grant from the Academy of Nutrition & Dietetics this past February!

Honors, Awards & Grants

Sharon Behne,
Awards & Scholarships Committee Chair

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.

Awards for 2016: We had four OAND winners for 2016 recognized at OAND in May.

Thanks to all who nominated your fellow Registered Dietitians who make a difference every day. It is great to be able to recognize their hard work and dedication to the practice of dietetics and the communities they serve and to have a great Cincinnati presence at OAND!

Contact Sharon at sharon.behne@usfoods.com with any questions.

Membership

Patricia Becker,
Membership Chair

Current members as of May 2016:

270 Total Members
Academy Active Member 195
Academy Active Technician 5
Active student 60
Retired 10

Don’t forget to RENEW your GCDA Membership for 2016-2017 online TODAY!
Renew at www.eatrightcincinnati.org

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Listserve

Betsy Oriolo,
GCDA Listserv 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!

Social Media

Did you know GCDA had a Facebook page? “Like” us for GCDA news and info!

Treasurer Report

Irmalis Flores, Treasurer

No report at this time.

Monica Smith,
Newsletter Editor & Historian

There is an e-Newsletter 3 times per year: Fall, Winter & Spring. If you have any contributions for the Newsletter or content to provide: any media, events, recognitions, etc. to share. Please send information, pictures, web links to monica.smith@nkhealth.org

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Local GCDA Dietitians in the News

Lisa C. Andrews of Sound Bites Nutrition did a few segments on varying nutrition topics:

Interviewed for these Spark People articles:
- 10 Things Your Nutritionist Wishes You’d Stop Doing, Going Vegetarian & Weirdest Fad Diets so Far for 2016

March 20, 2016 Celebrate NNM with Stone Soup

March 27, 2016 — FOX 19 Sound Bites Nutrition watch Lisa on Fox 19 HERE Tofu-Spinach Dip Recipe

Academy of Nutrition & Dietetics National Nutrition Month Blog roll

Christy Bahan, RD volunteers as an RD for a community weight loss program in Fort Wayne IN. She posts nutrition related blogs on the website each week for 16 weeks. Check it out HERE.

Onaney Ortiz, RD, LD, Clinical Nutrition Manager for Mercy Health Cincinnati. Since January Onaney has been featured on the radio segment "The Mercy Health Minute with Lincoln Ware" bi-weekly on The Buzz (WDBZ 1230 AM). Each segment consists of short clips that focus on hot topics related to nutrition. Way to go Onaney!

Congratulations to Jane Snyder, RD, LD, LMT & Owner of Soma Wellness. Jane created a webinar that was peer reviewed and now available for purchase through AND. Title is "MNT Business: Transitioning from an ESRD RDN to a CKD RDN."

Eamon Lilly MS, RD, LD; Sarah Couch, PhD, RD and Laura Brennan, BS coauthored an article on CaliDiet.com it can be found at this link:
http://calidiet.com/estimating-portion-size-on-the-go/

*If you have been in the news, please share it with us! Email it to Lisa at lisac@soundbitesnutrition.com

GCDA Journal Clubs: West & East

Journal Club is a FREE benefit of GCDA membership where presenters earn continuing education credit.

Prior to the Journal Club meeting, an article from a previously approved bibliography is read. At the meeting, a brief summary is presented, with discussion following. Meeting days and times can vary depending on the needs of the group.

Two CPEs requested per meeting.

New members wanted!

Lisa C. Andrews, Media Chair

Lois Smith, Journal Club West

Patricia Becker, Journal Club East

Journal Club West
Meetings are held near Drake Hospital in Hartwell at:
8128 Woodbine Avenue
Cincinnati, OH 45216

Next Journal Club:
June 14, 7 PM - 9 PM
*Rescheduled from May Topic: Inflammation
Participant must present article summary for CPEs

Interested persons should contact Lois Smith for an article or for more information on upcoming club dates and topics for the fall at loissmith417@gmail.com

Journal Club East
Meetings are held in the evening at the Hyde Park Public Library.

Next Journal Club:
August 1, 5:30 PM - 7 PM
Topic: What is the impact of Farm to Table type food practices for the Registered dietitian?

RSVP by July 25th or for more information on upcoming club dates and topics for the fall please contact Patricia Becker at pbecker@KidsRD.com
What is the impact of Farm to Table type food practices for the Registered dietitian?

**Date/Time:** Monday August 1, 2016. 5:30 pm – 7:00 pm  
**Location:** Hyde Park Public Library / Provides 2 CEU’s, Target audience: RD’s & DTR’s  
**RSVP by July 25, 2016 to Patricia Becker @ pbecker@KidsRD.com**

**Learning Objectives:** at the end of the review participants will be able to …
1. Discuss the benefits of farm to table agriculture  
2. Describe impact of organic farm practices  
3. Describe the risks of farm to table agriculture.  
4. Discuss the effects of community supported agriculture and farmers markets.

If you would like to attend, please select an article. Once you have selected an article notify the coordinator of your selection and a PDF of the article will be provided to you.

**Articles:**
- Consequences of organic and non-organic farming practices for field, farm and landscape complexity.  
- Austrian children living on a farm have less hay fever, asthma and allergic sensitization  
- Emerging Foodborne Diseases  
- From Farm to Fable /One rotten apple infects all in the Basket. CDC  
- HACCP does not work from Farm to Table  
- Cherry Antioxidants: From Farm to Table  
- Consumption, Pleasure and Politics : Slow Food and the politico-aesthetic problematization of food  
- Good, Clean, Fair: The Rhetoric of the Slow Food Movement  
- THE IMPACTS OF LOCAL MARKETS: A REVIEW OF RESEARCH ON FARMERS MARKETS AND COMMUNITY SUPPORTED AGRICULTURE (CSA)  
- Food with a Farmer’s Face: Community- Supported Agriculture in the United States.  
- Community Supported Agriculture (CSA): Building Community Among Farmers and Non-Farmers

One of our GCDA member benefits are our 2 Journal Clubs, one on the east side and one on the west side. The group picks the topics – the coordinator selects 10 or so articles on that topic. Members who would like to attend should contact the coordinator and request an article. Each member should review the article and presents a summary of the article. After each member presents the group will discuss the topic. It is a small group, nice discussion. Please plan to join us.

**Journal Club East Coordinator:** Pat Becker MS RDN CSP CNSC
919-308-6903 / Pbecker@KidsRD.com
GCDA Promotion of National Nutrition Month!

MARCH
National Nutrition Month

GCDA participated in several diversity outreach events are for National Nutrition Month!

**Freestore Foodbank** - Board members and GCDA members volunteered to go to the Freestore Food Bank and assemble “power packs” for low income children. **Volunteers can assist** with assembling Power Packs at the Freestore Foodbank’s Mayerson Distribution Center in Bond Hill. Learn **MORE** about the Power Packs and how you or your organization can help year round **HERE**!

**What are Power Packs?** Each Friday during the school year, the Freestore Foodbank sends packs of food, known as Power Packs, home with students to ensure they have something to eat on weekends. More than 4,000 children in more than 95 participating schools receive Power Packs from the Freestore Foodbank each week.

GCDA members Charalee Allen, Rebecca Price & Alli Bokenkotter giving back for National Nutrition Month at the Freestore Foodbank.

A 2nd day at the Freestore Foodbank with GCDA members Jane Snyder, Suzanne Summer, Cynthia Blocksom, Kristen DeAngelis, Nikki Johnson, Pat Selmeier, Barb Banks, Gail Love.

We also hoped you enjoyed the daily **#NationalNutritionMonth tips** via twitter (@eatrightcincy) or on Facebook (@GCDA) throughout March. Thank you to our savvy social media wizards Jessica Zaccagnini and Lisa Andrews!
Men of Collegiate Annual Health Walk

GCDA President Suzanne Summer created an engaging and energetic presentation to a group of 30 high school and college students on the importance of bone and brain health.

GCDA Student Members’ Section

Students! This area of the newsletter is for you! Requests, comments or anything that you would like other students or GCDA members to know about! The next Newsletter will be in early fall of 2016.

Let Miranda Fisher, our GCDA Student Member representative know at fishemd@mail.uc.edu
Winter GCDA Member Meetings

Dietitian for the Cincinnati Reds, Michele Macedonio, MS, RDN, CSSD, LD presenting at the GCDA meeting on Wednesday, February 17, 2016 on Fitness and Sports Nutrition at the UC Reading campus.

Alli Bokenkotter presented the Updated Dietary Guidelines at the final member meeting of 2015-16 held on Wednesday April 20th, 2016 at the UC Reading campus. (*Note...picture is from her presentation to VA dietitians.)

DIVERSITY OUTREACH

Alli Bokenkotter and Lisa Andrews provided a “Power Lunch” on February 11th to Hughes High School STEM students.

Alli and Lisa talked with the students about nutrition and the wide variety of career pathways that are available in the field of dietetics.
26th Annual Public Policy Advocacy Day

The 26th Annual Legislation & Public Policy Advocacy Day was held at the Verne Riffe Center in Columbus on April 13, 2016 from 8am-4pm.

GCDA provided the incentive of paying members way to the Public Policy Advocacy day this year. GCDA attendance was increased to 9 and overall attendance to the event was increased as well! The morning session was spent reviewing state legislative issues including potential threats to our dietetic practice act, Senate Bill (SB) 194, Board of Dietetics – renewal change possibility, HB 25, SB 243, SB 245 – Malnutrition Commission, SB 287, and SB 276. We also reviewed “how to talk to your legislator” from Pat McKnight, OAND’s State Policy Representative and Legislation Committee Chair. This helped attendees feel more comfortable and prepared for their meetings with their legislators.

After the morning session we broke off and visited our legislators. During these meetings we were able to introduce ourselves and discuss legislation that is pertinent to our profession. As a first time attendee this portion of the day was especially beneficial. I was able to gain confidence meeting and talking with my legislators because they were all welcoming and interested in what we had to say. Legislators and aides were invited to join us for lunch. During lunch I was able to sit with a legislative aide and I was able to learn more about the legislative process. I was even given her contact information in case I ever was up in Columbus and wanted to sit in on a session!

After lunch we switched our gears to federal issues as well as shared our experiences with our state legislators. Overall the day was fun and educational.

I was nervous for the day but riding up with other GCDA members and having people there who had experience speaking with their legislators calmed my nerves. My advice is if you are having some reservations, just try it! GCDA makes it as easy as possible for you to join by paying your fee and taking care of transportation.

- Article by Jessica Zaccagnini, 2015-16 GCDA Secretary & Incoming Treasurer-elect
A few highlights from the OAND Conference in May 2016.

GCDA Member Lisa Andrews (OAND Chair Council on Professional Issues 2016) with Jane Korsberg (OAND President 2016).

GCDA members Jason Roberts and Allison Bokenkotter at the OAND annual conference in Columbus. They had a “Dream Big” booth for stimulating ideas for the 100th Anniversary Conference in Cleveland in May 2017! Jason Roberts (GCDA Past President) is chairing the conference committee for 2017 as OAND Chair, Council on Professional Issues 2017.

(L) GCDA member Elizabeth Vennefron receiving the “Outstanding Dietetic Student” Award. 2015-16 OAND President Jane Korsberg is announcing and 2016-2017 OAND President is presenting the award.

Congratulations to all four of our GCDA award winners this year recognized at OAND!
Cindy Stegeman, OAND “President’s Award”
Cynthia Blocksom, “Member Merit Award”
Sarah Borman, “Young RDN of the Year”
Save the Date

Lactation on the Levee 2016

Substance Use Disorders in Pregnancy and Lactation

Featuring:
Lisa Cleveland, PhD, RN, PNP-BC, IBCLC

Wednesday
August 17, 2016
Newport on the Levee
Newport Aquarium, 1 Aquarium Way
Newport KY 41071

Co-sponsored by:
Northern Kentucky Health Department and
Eastern Kentucky Breastfeeding Coalition

Assistant Professor in the Department of Family and Community Health Systems at the University of Texas Health Science Center at San Antonio School of Nursing. She is a practicing board certified pediatric nurse practitioner and an international board certified lactation consultant. She is currently conducting a study with mothers of substance exposed infants as well as a study focused on the development and evaluation of web-enhanced, interactive, case-based learning activities.

Research Interests:
Under represented and at-risk families, high-risk mothers and infants, substance use disorders in pregnancy and neonatal abstinence syndrome, early childhood development, web-based, interactive teaching in health sciences education

Conference Brochure/Registration is being finalized and will be available soon.
For More Information Contact:
Nancy Merk, MS, RD, LD, IBCLC
Chair, Northern Kentucky Breastfeeding Coalition
Nancy.merk@nkyhealth.org
859-363-2113