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OCDDA *update*

OFFICIAL NEWSLETTER OF THE
OKLAHOMA CITY DISTRICT DIETETIC ASSOCIATION

OCDDA Board Nominees 2012-2013

See inside this current issue of the *OCDDA Update* for information on each candidate, and don't forget to vote! The online ballot will close on **Saturday, March 31, at 12:00 p.m.**

Link to ballot: <http://www.surveymonkey.com/s/RP7ZJH8>.

President-Elect

Jessica Shaw, MS, RD, LD

Treasurer-Elect

Alyson Dykstra, RD, LD

Secretary-Elect

Jennifer Southard, MS, RD, LD

Nominating Committee

Margaret Fraser, MA, RD, LD

Kristin Mund, MS, RD, LD

Sarah Barnes, MS, RD, LD

Part of OCDDA's mission is for our local community of nutrition professionals to stay united and cohesive. One way to do that is by sharing our news with each other. If you have something you would like to share in the *OCDDA Update*, please submit your information to Sara Perdue at Sara.Perdue@va.gov.

OCDDA UPDATE



President's Message

Happy Spring, OCDDA members! I hope all of you have celebrated National Nutrition Month® in some way either at work with coworkers or out in public in and around the Oklahoma City area. OCDDA celebrated with a wine and art event this month raising money and items to benefit Infant Crisis Services, Inc., in Oklahoma City.

The Oklahoma Academy of Nutrition and Dietetics, formally the Oklahoma Dietetic Association, also had their annual Spring Convention this month. At the awards reception, OCDDA awarded two student scholarships and an award to Lisa Reily as OCDDA's Distinguished Dietitian of the Year. OCDDA was well represented at the Convention, and I look forward to seeing everyone again at the next OCDDA meeting!

Be sure to check the website www.ocdda.org for upcoming meeting information!



*Sincerely,
Melissa Church, MS, RD, LD*

Congratulations to Lisa Reily, RD,CNSC,LD 2011-2012 OCDDA Distinguished Dietitian of the Year

Lisa Reily is the recipient of the Oklahoma City District Dietetic Association's Distinguished Dietitian of the Year award. Lisa has been the lead clinical dietitian at MidWest Regional Medical Center since 2007. Previously, she had worked at the Sherman Hospital, Deaconess, and as the assistant director of food service and a clinical dietitian at Signature Point of the Lake in Texas.

Lisa has been involved with other state dietetic associations, is a member of ASPEN, and is a Certified Nutrition Support Clinician. Lisa has been an OCDDA member since 2008 and has been involved as nominating committee, secretary, and now as president-elect. She has done an outstanding job coordinating all the programs for OCDDA this year and we are fortunate to have her as a dietitian in the Oklahoma City area. Congratulations, Lisa!

OCDDA UPDATE



OCDDA Meeting Summaries

February Meeting

A room full of dietitians welcomed the speaker at OCDDA's February meeting, which was held on February 29 at the Cancer Center on the OUHSC campus. The speaker was Amanda Ashcraft, Registered Dietitian from [Laureate Psychiatric Clinic & Hospital](#) in Tulsa, Oklahoma. She provided an excellent presentation and shared valuable clinical and counseling tips to use when working with patients with eating disorders. Some of the topics she presented included, among others, the following:

- How to identify eating disorder tendencies in a typical hospital or outpatient setting,
- Beginning counseling strategies and what to expect,
- Helpful websites and references,
- Examples of a typical day of treatment for patients under her patients' care.

Ashcraft certainly left us all with a better and clearer understanding on how to approach patients who may have an eating disorder so that we can better serve them to help improve their nutrition and their lives.

March Meeting

In celebration of National Nutrition Month®, OCDDA's March meeting was a wine and art party fundraiser to benefit the Infant Crisis Services, Inc.. The meeting was held at In the Raw Sushi in downtown Oklahoma City. Monetary donations, as well as much-needed items like infant formula, diapers, baby shampoo/lotion, pacifiers, clothes, Sippy cups and bottles, were taken to give to Infant Crisis Services. To learn more about Infant Crisis Services visit <http://www.infantcrisis.org>.



Next Meeting Info

<u>When:</u>	Wednesday, April 18, 2012
<u>What Time:</u>	5:30-7:00 pm
<u>Where:</u>	Cancer Center (OUHSC Campus), Room #5058
<u>Who:</u>	Leah Cannady, M.Ed., CCC-SLP
<u>Topic:</u>	Normal swallow physiology, swallow pathophysiology, diagnoses related to dysphagia, aspiration, interdisciplinary approach between dysphagia and nutrition

Legislative Day at the Capitol

On March 1, nineteen members of the Academy of Nutrition and Dietetics and eleven students gathered at the Oklahoma State Capitol for Legislative Day and the 5th Annual Dining at the Capitol. Our guest speaker was Jari Askins, former Lieutenant Governor of Oklahoma and current Associate Provost for External Relations at the University of Oklahoma Health Sciences Center (see photo, left). Ms. Askins began talking with the group about the importance of coming to the Capitol, getting to know your legislators, and being available as a resource and advisor for nutrition-related legislation. The Academy's Legislation Representative in Oklahoma Rebecca Swisher, MS, RD, CDE, LD, presented Ms. Askins with a gift from the Oklahoma Academy of Nutrition and Dietetics, formerly known as the Oklahoma Dietetic Association (see photo, top right). Throughout the day, fifteen state legislators were formally visited and much networking was accomplished in the Capitol's rotunda (see photo, bottom right).

-Hollie Kirby, MS, RD, LD



OCDDA Election Ballot

2012-2013

Position : President-Elect

Candidate: Jessica Shaw, MS, RD, LD

I am a Clinical Research Dietitian at the Harold Hamm Diabetes Center, University of Oklahoma Health Sciences Center. I coordinate pharmaceutical sponsored clinical trials focusing on diabetes and diabetes-related complications. Furthermore, I provide diabetes education through Harold Hamm Diabetes Center's community outreach programs. I earned my Master of Science in Dietetics from Sam Houston State University and my Bachelor of Science in Dietetics from Oklahoma State University. I have served on the Oklahoma City District Dietetic Association board for the past two years and hope to continue serving as President-Elect. I appreciate and understand the importance of support from professional organizations, especially in the field of dietetics. I appreciate your consideration and look forward to an exciting year with OCDDA.

Position : Treasurer-Elect

Candidate: Alyson Dykstra, RD, LD

My name is Alyson Dykstra, and I am currently employed as the Corporate Dietitian for HAC Retail INC in Oklahoma City. I graduated from Iowa State University in 2008 with my Bachelors in Dietetics. I also completed my Dietetic Internship at ISU in 2009. I spend the past two years as Supervisor of Food Production for Norman Regional Health Systems at the Health Plex and Moore locations. I continue to work PRN for Normal Regional as a Clinical Dietitian. I am interested in the Treasurer position so that I can continue to be involved with OCDDA and engage with other Dietitians in our community.

Position : Secretary-Elect

Candidate: Jennifer Southard, MS, RD, LD

I am applying for the OCDDA Secretary-Elect position. I graduated with my Master's Degree in Nutrition from the University of Central Oklahoma in May 2010 and became a Registered Dietitian in August 2010. During undergraduate school at UCO, I was actively involved in the Student Dietetic Association and served one year as Secretary. I enjoyed being involved in the community and volunteering my time. Since graduating, I worked at Draelos Metabolic Center as a part-time dietitian for a few months. For the past year, I have been working as a full-time clinical dietitian at Norman Regional Hospital. I am interested in the Secretary-Elect position because I am very organized, punctual, and detail-oriented, especially with record keeping. I would be grateful to have the opportunity to become more involved as a dietitian, and I will assist wherever I am needed.

OCDDA Election Ballot

2012-2013

Position : Nominating Committee

Candidate: Margaret Fraser, MA, RD, LD

I was born and raised in Oklahoma. I enjoy meeting and getting to know new people, spending time with friends and family, traveling, and cooking new foods. I recently started working in outpatient counseling and love the challenge of motivating clients to reach their goals. In five years, I hope to work in a challenging critical care setting and earn a CNSC designation. I'd like to be the Nominating Chair for OCDDA because I believe I have the charisma and the drive to encourage people to become involved. During college, I was very involved in several student leadership roles and would like to become more involved in the field. In more than one organization, I assisted with membership recruitment. Someday, I aspire to hold a state or national position.

Position : Nominating Committee

Candidate: Kristin Mund, MS, RD, LD

I am currently working at COR Clinical Research as a Clinical Research Coordinator. Many of our clinical research trials focus on treatments and therapy for patients with type 2 diabetes and require nutrition education and counseling. My educational background consist of a BA in Art from Fort Lewis College in Durango, CO, a BS in Dietetics from North Dakota State University in Fargo, ND, and a MS in Nutrition and Food Management from the University of Central Oklahoma in Edmond, OK, where I also completed my dietetic internship. My main rotations for the internship were at Norman Regional Hospital. I recently became a homeowner and am very excited to start making Oklahoma my permanent residence! With that said, I would really like to become more involved in the community. Being a part of the nominating committee for OCDDA would be an excellent opportunity to get involved as well as meet the area's dietitians! I look forward to working for OCDDA on the nomination committee. Thank you so much for your consideration!

Position : Nominating Committee

Candidate: Sarah Barnes, MS, RD, LD

Hello, my name is Sarah Barnes. I have recently started a new job at NRH as a community dietitian. Prior to this I served as a dietitian/case manager for the Citizen Potawatomi Tribe, focusing mainly on diabetes and heart health. I also was responsible for any other MNT that was needed. I have obtained both an undergraduate and graduate degree from the University of Central Oklahoma in Nutrition, Dietetics and Food Management. I am currently a member of ADA, ODA, and OCDDA. I would like to become more involved in our local dietetic chapter and look forward to interacting with fellow dietitians. I enjoy spending time with my husband and family in my spare time as well as keeping active. I appreciate your consideration!

OCDDA UPDATE



CAMPUS

ORN ER



At the University of Oklahoma Health Sciences Center, dietetics students have been busy promoting our profession on campus for National Nutrition Month®. To kick off the month, students passed out water bottles tagged with tips on proper hydration.

Posters have been displayed in the Boren student union to promote National Nutrition Month® and the role of the Registered Dietitian. One of these posters displayed MyPlate, with an emphasis on portion distortion, using props such as a deck of cards, golf balls, and muffin liners. To help keep the month fresh, another poster revealed the hidden sugar in common convenience foods. This interactive display featured several food wrappers with the sugar and fat content measured in sugar and pats of butter. Just in time for Spring break, we provided a “Drink this, not that” analysis of alcoholic mixed drinks.

The Leadership Lunch Series, a monthly event in the Union, featured a presentation by our clinical director Brian de la Cruz, MS, RD, LD, and provided healthy desserts baked by students in our department. Copies of the lecture and recipes were made available as handouts during the session as well as online. And to wrap up the month, we will host a bake sale in the Union to raise money for our Student Dietetics Association.

Our students have been very busy this semester with classes, community outreach, and various supervised practice opportunities. Many students attended the ODA Spring Convention and several are preparing to present research during College of Allied Health Research Day on April 6th.

Lindsay Scott, OUHSC, SDA president



The Dietetic Interns from the Nutritional Sciences Department at the University of Central Oklahoma (UCO) have been working very hard this semester! We are busy finished up our last weeks of management and clinical rotations. Our experiences in management and in the clinical setting have been very helpful, and we appreciate all the Registered Dietitians who have taken their time to mentor us.

The UCO Dietetic Interns also appreciate the many opportunities that have come up in the community. Some of the wonderful places we will get to experience this Spring and Summer include the Children’s Center, Draelos Metabolic Clinic, Mercy Outpatient, Edmond Public Schools, Oklahoma Beef Council, OSU Wellness Center, OKC Food Bank, Fresenius Dialysis Center, and many others! Some of the students were able to attend the ODA Spring Convention in Tulsa, which proved to be a valuable experience.

As the semester is coming to an end, eight Dietetic Interns will be graduating in May with MS degrees and beginning their careers as Dietitians. We have all networked and gained valuable experiences that will carry us into our future careers.

We are all enjoying our time as interns and very much appreciate the opportunities and unique experiences we have had. We look forward to gaining more experience in all types of dietetic work in our diverse field!

Thank you for reading!
Lauren Yetter, UCO



OCDDA UPDATE



Dates to Remember:

March 31, 2012 Saturday 12:00 pm	Deadline to vote in OCDDA election for 2012-2013 board members See page 1 for more details
April 15-17, 2012 Sunday-Tuesday	Academy of Nutrition & Dietetics Public Policy Workshop Washington, D.C.
April 18, 2012 Wednesday 5:30-7:00 pm	OCDDA Meeting Cancer Center (OUHSC Campus), Room #5058

Membership Directory Correction:

- On page 12, Jennifer Southard's email should be listed as:
jennifer.knoll@ymail.com.