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Summer

OCDDA

update

OFFICIAL NEWSLETTER OF THE
OKLAHOMA CITY DISTRICT DIETETIC ASSOCIATION

President's Message

OCDDA Members,

Summer is here and we have officially moved on to the next year for OCDDA as of June 1st. This year we had a wide variety of CEU's offered and I hope you enjoyed them as much as I did. It is comforting to know we are in the company of so many wonderful professionals who care about our state's well being as much as we do and they are willing to share their knowledge with us. We kicked off the year with an outstanding vendor fair that brought in many new faces to our organization, our membership also grew to over 100 members, and the new OCDDA board is geared up to start another year! A BIG thank you to everyone who helped make this year such a success, your actions were noticed and appreciated.

Melissa Church, MS, RD/LD
OCDDA President

OCDDA Election Results

2012-2013

President Elect

Jessica Shaw, MS, RD/LD

~

Treasurer Elect

Alyson Dykstra, RD/LD

~

Secretary Elect

Jennifer Southard, MS, RD/LD

~

Nominating Elect

Sarah Barnes, MS, RD/LD

~

Nominating Committee

Kristin Mund, MS, RD/LD

OCDDA UPDATE



OCDDA Meetings Summary

By Lisa Reily, RD, CNSC, LD

April Meeting:

Leah Cannady, M.Ed, CCC-SLP, and Emily Kittrell, MOTR/L, joined us for our member meeting, Connecting the Roles of SLP and OT with Nutrition, at the Cancer Center this past April. A Speech Language Pathologist from Midwest Regional Medical Center, Leah discussed normal swallow and physiology, pathophysiology of the swallow, diagnosis related to dysphagia, aspiration, and the interdisciplinary approach between dysphagia and nutrition. Leah shared with us techniques used to help achieve safe swallow as well as videos showing actual aspiration in real time.

Emily, an Occupational Therapist Registered from ULTREYA Rehab, provided an overview of the OT role in patient care, the OT and RD relationship, how an OT plays a role in meeting patients' nutrition needs, adaptive utensils, compensatory techniques, and positioning for different diagnoses.

These ladies provided great insight to the connections between our roles and theirs in meeting our patients' needs for nutrition.

May Meeting:

Jenny Witherspoon, MS, RD, CSO, LD, joined us in May for our final meeting of the year and presented on "Considerations and Observations When Working with Pediatric Clients and Their Families." She shared a number of great counseling suggestions for when working with these clients. Topics she discussed included sources of food intake, culture of the client, the environment surround the client, parental misconceptions, the importance of physical activity, and possible barriers. Additionally, Jenny reviewed the evidence analysis grading for common diet planning and counseling methods used with this population.

OCDDA UPDATE



CAMPUS

ORNER



The Nutritional Sciences Department at the OUHSC would like to congratulate the 2011/2012 graduating class of MA, MA/MS and Coordinated Program students! We wish them well as they prepare for the RD exam and explore opportunities in their careers!

In current student news, the class of 2013 CP students have begun their food service management rotations at various sites in Oklahoma. Winners of a significant scholarship, CP students Meghan Schmidt and John Crist have been awarded the opportunity to serve their food service management rotation at Camp Ronald McDonald in California.

Spring 2012 interns are entering their final rotation, an elective that allows the students to pursue professional interests, and will be spending the month at sites that include the OKC Red Hawks, Buy 4 Less, Weight Wise Bariatric Clinic, Cancer Treatment Centers of America, and the OU Children's Hospital.

Our incoming Summer 2012 interns are wrapping up orientation and will soon begin their rotations within Oklahoma.

Finally, current MA/MS students will host CHAMP Camp, a weeklong summer day camp held in the OUHSC food lab that focuses on healthy eating and staying active. OUHSC interns design the curriculum and current MA/MS students develop the lesson plans, make all preparations, and operate the camp.

With the Spring semester over and summer in full swing, students and interns at the OUHSC are staying busy! Have a wonderful summer!

-Lindsay Scott, OUHSC SDA President



The Dietetic Interns from the Nutritional Sciences Department at the University of Central Oklahoma (UCO) worked very hard last semester and are currently enjoying some personal time mixed in with so many valuable community opportunities. We are currently working on the community phase at a variety of local organizations, such as the Oklahoma City WIC, Edmond Public Schools, Draelos Metabolic Clinic, Fresenius Medical Care, and so many others. It has been a remarkable experience to gain that much insight and personal contact with so many types of dietitians playing so many roles, as well as such a wide variety of clientele.

On campus, the Nutrition Department is about to restructure. As of August 1, Dr. Marilyn Waters is retiring after her long and prestigious career, and Dr. Tawni Holmes will be stepping into her place as the Didactic Program Director. The most recent group of interns is larger by one applicant than past groups due to the outstanding credentials of all selected.

Our next step is to start either our clinical phase or our management phase, since the newest group of interns is just about to embark upon their educational journey as well. It has been such an exciting and educational experience thus far, which is due solely to the continued support of the dietetic community. We are all so grateful for the opportunities presented to us and the chances to learn and grow in the profession. We are all benefitting from our time as interns and from the experiences and opportunities that we have had the chance to explore. We look forward to continuing our journey with the help and support of the dietetic community!

-Amanda Good, UCO Dietetic Intern

Oklahoma Academy of Nutrition & Dietetics News

Oklahoma Academy of Nutrition & Dietetics 2012 Election Results:

President-elect: Abby M. Wood, RD, LD, CNSD

Treasurer-elect: Katie Kovar-Strack, RD, LD

Secretary-elect: Diane C. Priest, RD, LD, CDE

Member Services-elect: Casey Campbell, MS, RD, LD

Public Relations Chair-elect: Jason Stevens, MA, RD, CSO, LD

Public Policy Coordinator: Sharon Huey, MA, MBA, RD, LD

Oklahoma Academy of Nutrition and Dietetics Fall Symposium

The 2012 Oklahoma Academy of Nutrition and Dietetics Fall Symposium will be held October 26th at Mercy Health Center. The theme of this one-day event will be *Made in Oklahoma*. More information will be available on the website this summer. Hope to see you there!

School Nutrition: Feeding the Next Generation Webinar

Join Guiding Stars for an upcoming webinar on Tuesday, June 19, 2012 at 2:00 pm ET.

How do school nutrition programs and our approach to feeding our children impact their future health? Join our upcoming webinar to learn more about the latest research on childhood obesity, the development of school nutrition programs, and cost effective ways to change these programs to have a positive impact on the health of the children served. Strategies for improving the diets of school-age children will be emphasized in the one-hour, live webinar for Registered Dietitians and Dietetic Technicians, Registered, and is pending approval for one CPE unit. Meets learning codes: 4100, 5070, 8000, and 8100. Click on the webinar title above to go to the OkAND's website to reserve your spot today!

Presented by:

Allison J. Stowell, MS, RD, CDN, and Consulting Dietitian, Guiding Stars Licensing Company

Erin Dow, Guiding Stars Expert Chef

