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# OCDDA *update*

OFFICIAL NEWSLETTER OF THE  
OKLAHOMA CITY DISTRICT DIETETIC ASSOCIATION

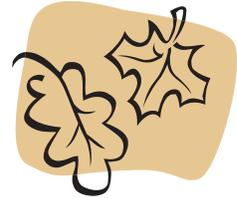
## Enhance Your Career with OCDDA

Being a member of the Oklahoma City District Dietetic Association (OCDDA) offers many valuable benefits. Membership opens many doors to networking among the local dietetic professionals in the Oklahoma City metro area. As a member of OCDDA, you also are able to participate in quarterly continuing professional education programs, which allow you to receive continuing education hours, remain up to date in the latest topics in nutrition, and to enjoy the fellowship of local nutrition professionals. Another great benefit of OCDDA membership is the OCDDA Update, a newsletter that is sent out quarterly that provides information on upcoming events and exciting news in the dietetics world. Additionally, a member directory is published annually and provided to all OCDDA members, which contains a list of each member and their contact information. OCDDA membership provides many opportunities to learn and support your successful dietetics practice. If you are not yet a member, join today to enjoy all the great benefits!

- Melissa Schoeling, RD/LD



# OCDDA UPDATE



## President's Message

*Hello, and welcome to the Oklahoma City District Dietetic Association's 2009-2010 year. I am excited to serve as your president and welcome you to become a member of OCDDA this year!*

*I hope everyone's Fall season is off to a great start as we approach these busy months of the year filled with kids' school activities, football, and, of course, the holidays. Although many may be feeling the strain of the current economic situation on their budgets, I want to encourage everyone to make an investment in their careers and personal growth by joining or renewing their OCDDA membership for the 2009-2010 fiscal year. The benefits you will receive far outweigh the cost of membership.*

*This coming year is a prime time to network and fellowship with local dietitians. Not only will you expand your nutrition knowledge and expertise by attending any of the several educational programs offered by OCDDA throughout the year, you will also earn continuing education credits for your attendance. As professionals and members of OCDDA, we have the opportunity to increase our knowledge and provide our nutrition expertise to the community. I encourage you to become involved in OCDDA and to share your knowledge and expertise with members of the organization. Please let us know if you would like to present at a meeting, share an important announcement in the newsletter, and/or join one of our committees.*

*For those who were not able to attend this year's kick-off meeting and vendor fair, held on October 26, don't worry! You still have plenty of time to join OCDDA and participate in the future educational programs that Caroline Mathis, RD/LD, is busy planning for this coming year. A big thank you to all the vendors that helped make the OCDDA kick-off meeting a success!*

*Just a quick reminder...all OCDDA meeting notifications and newsletters will be provided via e-mail. Make sure your contact list is up-to-date so you don't miss out on any news or reminders. You can also check the ODA website ([www.oknutrition.org](http://www.oknutrition.org)) for information regarding upcoming meetings and to download past newsletters. Please feel free to contact me at [lchandlerdld@yahoo.com](mailto:lchandlerdld@yahoo.com) if you have any questions, suggestions, and/or if you wish to present at a meeting and/or join a committee.*

*I look forward to another great and informative year serving as your OCDDA president. See you at the next meeting or OCDDA event!*



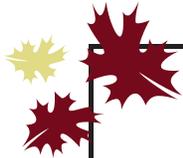
*- Lisha Chandler, RD/LD*



# OCDDA UPDATE



## 2009-2010 Executive Board



### President

Lisha Chandler, RD/LD

### President-Elect & Program Chair

Caroline Mathis, RD

### Secretary

Diane Clayton, MS, RD/LD

### Secretary-Elect

Lisa Reily, RD/LD

### Treasurer/Finance Chair

Heather Hoffhines, MS, RD/LD

### Treasurer-Elect

Leah Hoffman, RD/LD

### Membership Chair

Melissa Schoeling, RD/LD

### Public Relations Chair

Stephanie Cannon, RD/LD

### Corporate Sponsorship Chair

Katie Seikel, RD

### Legislative and Public Policy Chair

Misti Leyva, MS, RD/LD

### Communications Chair

Heather Smith, MS, RD/LD

### Nominating Chair

Josh Brown, MS, RD/LD

### Nominating Chair Elect

Amanda Coy, MS, RD/LD

### Bylaws Chair

Amanda Jones, RD/LD

### Publications Chair

Sara Perdue, MS, RD/LD

### Student Relations Chair

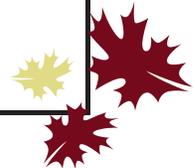
Peggy Turner, MS, RD/LD

### Teller

Sheryl Morsman, RD/LD

### Historian

Kelli Johnston, MS, RD/LD



## Why Join OCDDA?



Networking

Membership  
Directory



Newsletter

Earn CEUs  
3-4 Times per Year



# OCDDA UPDATE



OCDDA  
Kick-  ff  
Meeting

A sign on a dark blue stand with a light green border. The sign contains the text 'OCDDA Kick- ff Meeting' with a football icon between 'ff' and 'ff'. The sign is positioned on the left side of the page, with a light green oval at its base containing several red and yellow leaves.

Greetings, fellow dietitians! This is going to be a **great** year for OCDDA! Our Fall Kick-Off Meeting was held Monday, October 26<sup>th</sup>, at the Junior League of Oklahoma City headquarters. Our kick-off meeting was a huge success, thanks to our fabulous vendors!

Our vendor fair featured the following: Walgreens-OptionCare, Nestle, Nestle Infant Care, Digestive Care, Oklahoma State Health Department of Maternal and Child Services, DairyMAX, Dairy Council, Lincare, Nutrition Specialists Inc., and the American Heart Association.

The meeting was sponsored by Mathis Brothers Furniture.

-Caroline Mathis, RD

Don't miss our next meeting on Tuesday, December 1<sup>st</sup>,  
at OUHSC College of Allied Health!  
Details to follow.

# OCDDA UPDATE



## ODA Fall Symposium Summary



This year's Oklahoma Dietetic Association (ODA) Fall Symposium, held on September 18 at St. Anthony Hospital in downtown Oklahoma City, helped bring Oklahoma's nutrition professionals up-to-date on the hottest topics in the field of nutrition and dietetics. The theme of the event was "The Latest Scoop: Hot Topics in Nutrition," and an impressive lineup of speakers dished up the latest information on a variety of topics.

After a welcome from Kalli Castille, MS, RD/LD, CSO, Oklahoma Lieutenant Governor Jari Askins started off the day with an inspiring key note address, encouraging dietitians to become actively involved in legislative issues that impact the health of the state and the nation. As Congress is working overtime on health reform, making our professional voices heard is imperative. Lt. Governor Askins provided practical tips on how to most effectively communicate with lawmakers to promote the health of Americans, as well as to promote the field of nutrition and dietetics.

Next in the lineup was Elizabeth Strickland, MS, RD/LD, author of *Eating For Autism...The 10-Step Nutrition Plan to Help Treat Your Child's Autism, Asperger's, or ADHD*. Ms. Strickland had everyone's rapt attention as she described common nutrition-related problems that often plague children with autism spectrum disorders, and she discussed the role of the Registered Dietitian in providing effective nutrition therapy to children affected by these disorders and their families.

Before lunch, Darryl Tonemah, PhD, MEd, Associate Director of Outreach and Assistant Professor of Family Medicine at OU Health Sciences Center, entertained everyone with his humorous and effective approach regarding how to effectively motivate health behavior change in others and in ourselves.

After a delicious lunch sponsored by the Oklahoma Beef Council, Joe Popplewell, MS, enlightened us all on today's pork industry in America. He provided information on how America's pork industry has evolved over the last 50 years to now provide one of the safest, healthiest food products in the world.

Chef Kamala Gamble, co-founder of the Slow Food OKC movement, described the philosophy behind this up-and-coming trend that emphasizes being aware of how food is grown and manufactured, supporting companies that honor natural resources, appropriately compensating food producers, and seeking foods that taste good and are nutritionally whole.

The last speaker of the day was Johanna Burani, MS, RD, CDE, author of *Good Carbs, Bad Carbs*. Ms. Burani has also written and co-authored 12 books on the glycemic index and has been published in *Diabetes Educator*. In her informative presentation on such a hotly debated topic, she helped clarify "What's So Good About the Glycemic Index?". She provided tips on how to incorporate the glycemic index as a teaching tool, and she identified valid, published research highlighting specific health benefits from low glycemic index/glycemic load meal planning.

Many thanks to the following exhibitors: Abbott Nutrition; Digestive Care, Inc.; Hormel Health Labs/Diamond Crystal Brands; Merck & Company, Inc.; Nestle Health Care Nutrition, Inc.; Oklahoma Beef Council; U.S. Foodservice; and WIC. And thank you to the following sponsors for their wonderful support: Nestle Health Care Nutrition, Inc.; Oklahoma Beef Council; U.S. Foodservice; and Bob's Red Mill Natural Foods. And thanks to our food donors, Midwest Dairy Council and Dairy MAX, as well as Campbell Soup Company.

And last, but certainly not least, thank you to the 2009 Fall Symposium Committee for all their hard work and to all those who attended the symposium and helped make it a success!

-Sara Perdue, MS, RD/LD



# OCDDA UPDATE



## CAMPUS

## ORN ER



Another busy semester is under way at the University of Oklahoma Health Sciences Center (OUHSC). Many exciting changes are taking place. The new College of Allied Health Building is complete and students are enjoying the amenities that the building offers. Additionally, the Nutritional Sciences Department has welcomed a few fresh faces to their staff.

Dr. Susan Sisson, PhD, CHES, HFS is an assistant professor and researcher. Peggy Turner, MS, RD/LD is an assistant professor and is also the new director for the dietetic internships. Jennifer Ray, MA, RD/LD, joins the staff as an adjunct faculty and clinical instructor.

Furthermore, the students and professors have just returned from FNCE that took place in beautiful Denver, Colorado; bringing home minds full of new nutritional information and arms full of goodies provided by the many vendors present at the conference.

As for the students, the MA students have completed the application process for the dietetic internship and are eagerly awaiting news about acceptance into an internship. Good luck to all the MA students! Wishing you all a wonderful Fall semester!

- Paula Broome, OUHSC



The UCO Human Environmental Science Department got off to a great start during our first Student Dietetic Association (SDA) meeting of the year. This year's president Laura Tilford, along with the other SDA officers, informed every one on this year's upcoming plans and events.

During our first meeting we welcomed all the new faces and went around the room introducing ourselves. We will be having a welcoming party at Laura's house to become more acquainted with one another.

The students and faculty have already been involved in campus volunteer activities. We are having many volunteer opportunities during the month of October such as working at Frontier City Fright Fest and an upcoming bake sale.

UCO students enjoyed attending the ODA Fall Symposium this semester and many of us attended Denver for FNCE. This was the closest FNCE has been to Oklahoma in many years, so we couldn't pass up an opportunity such as that! We are also looking forward to next year's meeting.

- Bryan Austin, UCO



# OCDDA UPDATE



## Dates to Remember:

**November 17, 2009**  
**Tuesday**

**OCDDA Board Meeting**  
**7:30 am**  
**Java Dave's**

**December 1, 2009**  
**Tuesday**

**OCDDA Meeting**  
**5:30-8:00 pm**  
**OUHSC College of Allied Health**

**December 8, 2009**  
**Tuesday**

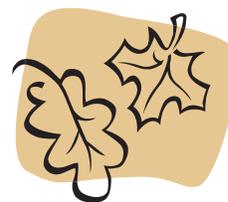
**Deadline for membership dues**  
**(To have your information**  
**published in this year's**  
**membership directory )**

**March 25-26, 2010**  
**Thursday & Friday**

**ODA Spring Convention**  
**"Oklahoma Roots: Building a**  
**Stronger Nutrition Foundation"**  
**DoubleTree Warren Place**  
**Tulsa, OK**



# OCDDA UPDATE



## 2009-2010 Oklahoma City District Dietetic Association MEMBERSHIP FORM

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

EMPLOYMENT: \_\_\_\_\_ SPECIALTY: \_\_\_\_\_

ADA member number: \_\_\_\_\_

Circle Credential(s): **PhD MS MA RD LD CNSC CDE PLD CDM DT Other:** \_\_\_\_\_

Membership Classification (Circle One):

**\$25.00 annual fee**  
**Active**

**\$12.00 annual fee**  
**Retired**

**\$12.00 annual fee**  
**Associate (students)**

\*\*\*Please complete ALL information below – **even if you are a returning member!!!**

Please print or write legibly and provide two e-mail addresses. We are using e-mail as our only source of communication this year, unless a working e-mail address is not available.

BUSINESS ADDRESS: \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

Preferred **mailing** address (please check one): \_\_\_\_\_ Business \_\_\_\_\_ Home

Primary **e-mail** address (please check one): \_\_\_\_\_ Business \_\_\_\_\_ Home

E-mail address is not available \_\_\_\_\_



Melissa Schoeling, RD/LD  
OCDDA Membership Chair

If you would like to join OCDDA to network with colleagues, participate in quarterly continuing professional education programs, receive our newsletter and directory, and support successful dietetics practices, please complete this form and return to the address below with the applicable fee (**ADA membership is required, make checks payable to OCDDA**). Memberships are gladly accepted anytime throughout the year. Members are not required to live in the metro area and are encouraged to support the dietetic association of their choice.

MAIL TO: **Melissa Schoeling, RD/LD**  
**700 N.E. 122<sup>nd</sup> Apt 3504**  
**Oklahoma City, OK 73114**

