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○ Vol 22 | ○ Issue 3 | ○ Feb 11– April 11



OCDDA *update*

OFFICIAL NEWSLETTER OF THE
OKLAHOMA CITY DISTRICT DIETETIC ASSOCIATION

OCDDA Board Nominees 2011-2012

See inside this current issue of the *OCDDA Update* for information on each candidate.
You will be receiving an email soon containing voting information.

President Elect

Lisa Reily, RD/LD

~

Secretary Elect

Kate Collins, MA, RD/LD, CPT
Mary Shilling, MA, RD/LD

~

Treasurer Elect

Lisha M. Smathers, RD/LD, CNSC
Carie Lynn Tsai, MS, APLD

~

Nominating Committee

Shelley Fehrenbach, MA, RD/LD
Maggie Finnegan, MS, RD/LD
Sheryl Hayes, 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

Greetings, OCDDA members! Can you believe this wild weather?? From snow, sweaters, and cabin fever to shorts, flip flops, and outside activities, we've been through it all! Despite the wild weather, OCDDA has been busy! We've had a fabulous meeting at OUHSC featuring a round table discussion of dialysis. OCDDA would like to thank Leah Hoffman for making this meeting happen! We've also been busy gearing up for our next CPE opportunity, which will be this Thursday, February 24, at the Junior League of Oklahoma headquarters. At this meeting, attendees will not only get to learn all about the benefits of dark chocolate but will get to participate in tastings as well! And if that isn't enough, OCDDA has been getting ready for National Nutrition Month®, which is right around the corner! We are pairing up with Homeland® (Britton and May location) to provide customers with free grocery store tours, nutrition tips, and goodie bags. We hope that you are planning to come and volunteer some of your time on Saturday, March 5th! We also hope that you are taking advantage of the free CPEs and volunteer opportunities available through OCDDA. Happy National Nutrition Month® to all! I look forward to seeing you at one of the many upcoming OCDDA events.



*Sincerely,
Caroline Mathis, RD/LD*



Have you checked out OCDDA's new website? At www.ocdda.org, you will find the latest information on upcoming events, peruse articles written by our very own members, learn more about our wonderful organization, access handouts and PowerPoint presentation from previous OCDDA meetings, and much more!

OCDDA UPDATE

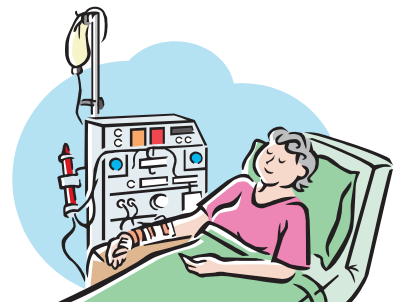


OCDDA Meeting Synopsis

“What Dietitians Need to Know about Outpatient Hemodialysis: An Interdisciplinary Discussion” was the topic presented at the most recent OCDDA meeting, which was held on January 25 in the College of Allied Health building on the OUHSC campus. The expert panel of presenters included Dr. Anthony Czerwinski, a nephrologist with over 50 years of experience; Michelle Hildebrand, RD/LD, who has worked for DaVita dialysis centers for several years; DiAnna Young, RN, who specializes in nocturnal dialysis; and two members of Dr. Czerwinski’s office staff, Matthew Thigpin, PA, and Kay Hoffman, RN, both of whom have worked with peritoneal and hemodialysis. Combined, the discussion panel participants have over 150 years of experience!

The meeting format was an open forum discussion where OCDDA members were allowed to ask questions and openly discuss issues with those who care for patients with renal failure day in and day out. Topics ran the full gamut, including the most important points for an inpatient dietitian to emphasize when educating patients just starting on dialysis (fluid and potassium restrictions!), vitamin D dosing in relation to parathyroid hormone levels, new developments in dialysis (from nocturnal dialysis schedules to cruise ships that have dialysis units on board!), and current legislative budget cuts that may potentially deny dialysis coverage for patients on Medicaid.

The meeting was a great success and had the best member turnout of the year to date! And a big thank you goes out to DaVita dialysis centers, who graciously sponsored our meeting.



JOIN OCDDA FOR A CHOCOLATE
TASTING AND 1 HOUR OF CEU
SPONSORED BY HERSHEY!



COME LEARN ABOUT THE BENEFITS OF
DARK CHOCOLATE!

WHEN: THURSDAY, FEBRUARY 24TH
5:30PM - 6:30PM

WHERE: JUNIOR LEAGUE OF OKC
1001 NW GRAND BLVD
OKC, OK 73118



BRING A CANNED FOOD ITEM AND WIN
A DOOR PRIZE!

SPONSORED BY: HERSHEY



WWW.OCDDA.ORG

In addition to chocolate tastings, Trisha Dempsey from Republic National Distributing company will be available for all your wine tasting and pairing questions. Learn about the fine art of wine tasting and how to pair wine with certain foods. Do you know what wines go best with pork? What about which wines pair best with chocolate? Come join us this Thursday and learn from an expert!!! Please note, a valid id is required to participate in the wine tasting.

OCDDA Election Ballot

2011-2012

Name: Lisa Reily, RD/LD

Position Running For: President Elect

Current Employment: Midwest Regional Medical Center

Education/Past Experience/Why Running for this Position:

I am Lead Clinical Dietitian at Midwest Regional Med. Ctr. and have worked here for over three years. I am a graduate of Texas Woman's University and have 15 years of experience as a dietitian in Texas, Illinois and Oklahoma. I have worked mostly in the clinical environment but also have experience working as facility dietitian and Asst. Director of Food Service in a nursing home/assisted living/memory care center. Additionally, I have consulted for many facilities in the Oklahoma and Chicago areas. I enjoy staying involved in the professional dietitian world. I am a member of NTSPEN, ASPEN, and ADA. I have served on OCDDA board for 3 years. I have served on the Corporate Sponsorship Committee for DNS (Dietitian's in Nutrition support), and I am currently on the ODA planning committee for the upcoming Spring Convention. I am running for the president -elect position because I am excited about the future of this organization and I want to be a part of it!

Name: Kate Collins, MA, RD/LD, CPT

Position Running For: Secretary Elect

Current Employment: OU Edmond

Education/Past Experience/Why Running for this Position:

Hi! I am Kate Collins and my current job is at OU Edmond. I hold a Masters degree in Dietetics from OUHSC and an undergraduate degree in Exercise Science from Colorado State University. I had the opportunity to be involved with OCDDA this year as the communication chair and would like to serve as Secretary for this upcoming year. I had a lot of fun and really enjoyed being part of our local Dietetics chapter. I wanted to run for a position in which I would be more involved. I also teach Nutrition at OSU-OKC and I love to run (for fun NOT competition) and plan on doing the Red Bud Classic this year (first run since having a baby in December!). Thanks!

Name: Mary Shilling, MA, RD/LD

Position Running For: Secretary Elect

Current Employment: Children's Hospital at OU Medical Center

Education/Past Experience/Why Running for this Position:

Hello! My name is Mary Shilling and I graduated from OUHSC with my Master's degree in dietetics and completed my internship through that program. I got my first job in Sherman, Texas as a clinical dietitian for a small hospital working mostly with inpatient adults. I was very excited to move back to Oklahoma last April and begin working at the Children's Hospital @ OU Medical Center. I am currently working as a clinical pediatric dietitian. I am running for Secretary and would love to participate in our local dietetics chapter and develop relationships with other dietitians. I recently got married and love being an aunt to two sweet nephews. Thank you!

OCDDA Election Ballot 2011-2012

Name: Lisha M. Smathers, RD, LD, CNSC

Position Running For: Treasurer Elect

Current Employment: Walgreens Infusion and Respiratory Services

Education/Past Experience/Why Running for this Position:

I am a Certified Nutrition Support Dietitian with Walgreens Infusion and Respiratory Services in Oklahoma City since Feb. 2007. I specialize in home infusion/nutrition support and have 9 years experience as clinical dietitian along with providing support for neuromuscular disease/ALS. I graduated from the University of Oklahoma Health Sciences Center, 2002. I am currently Historian for OCDDA and served as President Elect - President 2008-2010. I am running for Treasure Elect as I would like to continue to provide my support to OCDDA and continue to encourage more support from dietitians in our communities to increase membership. A special interest of mine is supporting Hounds of the Heartland. My husband and I have adopted two wonderful Greyhounds and truly enjoy watching the growth of this organizations and finding homes for these "greyt" dogs.

Name: Carie Lynn Tsai, MS, APLD

Position Running For: Treasurer Elect

Current Employment: Mercy Health Center in Edmond

Education/Past Experience/Why Running for this Position:

Hello! I am Carie Lynn Tsai. I was recently hired as a clinical dietitian at Mercy Health Center in Oklahoma City. I mainly work with oncology patients, but also have some general surgery patients and outpatients. I graduated with my Masters of Science in Nutrition and Food Management and completed my internship this past December at the University of Central Oklahoma. My undergraduate degrees (B.S. in Nutrition and B.S. in Agriculture) were completed at the University of Arkansas. I am new to Oklahoma and desire to become actively involved in dietetics within my new community which is why I am running for Treasurer of OCDDA. I look forward to building new relationships and friendships with area dietitians. I am excited about becoming an Okie, but will always be a Razorback! Thank you for your consideration.



OCDDA Election Ballot

2011-2012

Name: Shelly Fehrenbach, MA, RD/LD

Position Running For: Nominating Committee

Current Employment: OU Medical Center

Education/Past Experience/Why Running for this Position:

Shelley Fehrenbach is a clinical dietitian at OU Medical Center working primarily in cardiovascular rehabilitation and general medicine units. Shelley is a recent graduate from the University of Oklahoma Health Sciences Center with a Master's degree in Nutritional Sciences and is currently working toward a Master's of Science degree. Shelley transitioned career paths and became an RD after working for three years as a financial analyst and capital assets accountant, upon discovering that nutrition was her passion in life. She hopes to give back to the Oklahoma City District Dietetic Association by volunteering her time to serve on the nominating committee. In her free time, Shelley likes to jog with her puggle Ollie, spend time with family, and read current nutrition literature.

Name: Maggie Finnegan, MS, RD/LD

Position Running For: Nominating Committee

Current Employment: COR Clinical Research

Education/Past Experience/Why are you Running for this Position:

My current occupation is a Clinical Research Coordinator at COR Clinical Research, with an emphasis on diabetes research and other studies that relate more to the nutrition field to keep within the dietetics realm. My educational background is both an undergraduate and graduate degree from the University of Central Oklahoma in Nutrition, Dietetics and Food Management, with my main rotations at the Oklahoma City VA Hospital. I am running for the Nominating Chair/Committee as I love to interact with dietitians and inspire them to be active in the district association, as my coworker and fellow dietitian Jessica Shaw, has for me. I have previous experience in with the Oklahoma Dietetic Association as a Co-President of the first Oklahoma Student Dietetic Association which continues growing year after year. My extracurricular activities are working for the Edmond YMCA as both a personal trainer and teaching a monthly Youth Strength Training program for children 12-15 years old concentrating on cardiovascular and strength training along with nutrition for that specific age group. Also, I participate in half-marathons and 5k races for charity and general overall fitness and wellness. Thank you so much for your consideration, I look forward to working as a part of the OCDDA.

Name: Sheryl Hayes, MS, RD/LD

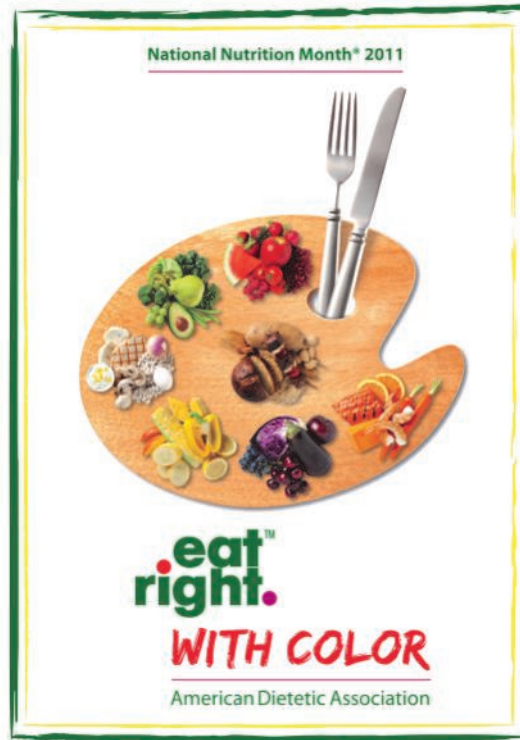
Position Running For: Nominating Committee

Current Employment: Contract Dietitian

Education/Past Experience/Why you are Running for this Position:

Sheryl Hayes would like to serve on the nominating committee so that she can give back to OCDDA for all the services that have been provided to her. Sheryl is currently working with the developmentally disabled as a contract dietitian. In the past, she has worked in hospitals, nursing homes, home health, and hospice. Sheryl holds a Master's degree in Nutrition and Food Management from the University of Central Oklahoma in Edmond. In conclusion her past activities have been Secretary of OCDDA, Chair of Oklahoma Consulting Dietitians, and ODA National Legislative Coordinator.

National Nutrition Month®!



March is National Nutrition Month®!

How are you going to celebrate this year? Do you need ideas about how to promote National Nutrition Month® at your facility? Or, do you want to share your fun and innovative ideas with other OCDDA and ODA members? Visit [the National Nutrition Month® website](#) to get activity ideas, resources, and press releases. You can also share your own ideas. We've got you covered!

Registered Dietitian Day is Wednesday, March 9, 2011!

The American Dietetic Association has proudly announced the fourth annual Registered Dietitian Day. As the nation's food and nutrition experts, Registered Dietitians are committed to improving the health of their patients and community. Registered Dietitian Day increases awareness of Registered Dietitians as the indispensable providers of food and nutrition services and commemorates the dedication of RDs as advocates for advancing the nutritional status of Americans and people around the world. For ideas on how to recognize RDs in your organization, simply [click here!](#)

OCDDA Celebrates National Nutrition Month®



Who: Oklahoma City District Dietetic Association and Homeland®

What: To celebrate National Nutrition Month® this year, OCDDA is partnering with Homeland to provide self-guided grocery store tours! OCDDA will have a table at the front of the stores, as well as several tables throughout the store in different sections (produce, dairy, meat, etc.) with healthy nutrition tips and information about the foods in that particular area. Dietitians will also be stations at each table to answer questions from shoppers. Homeland has graciously offered to provide food samples for the various areas as well! Thank you, Homeland!

When: Saturday, March 5, from 10:00 am - 1 pm

Where: Homeland at [9225 N. May Avenue, Oklahoma City, 73120](#)
(click on address above for map)

Cost: Free!

Contact: If you would like to volunteer for any amount of time, please email Melissa Church at Melissa.Church@chickasaw.net and let her know what time you will be there to help. We can use all the help we can get! We will also continue to gather food for the Regional Food Bank of Oklahoma, so we will be encouraging shoppers to purchase an extra item or two to donate on their way out. Homeland has agreed to match whatever is donated!

HOMELAND®
a fresh experience

Upcoming ODA Events

2011 ODA Spring Convention Pre-Conference Workshop

Outcomes Boot Camp: Prove Your Worth

March 23, 2011 from 1-4:30 pm

University of Oklahoma Health Sciences Center

Oklahoma City, OK

Registration is **\$35** and is **limited to the first 50 people**. Use the Spring Convention Registration Form to register for the Pre-Conference Workshop. You may register by mail, by fax, or online. Visit the Spring Convention [Registration Website](#) for more information.

2011 ODA Spring Convention

Nutrition Boot Camp

March 24-25, 2011

Embassy Suites Hotel and Conference Center

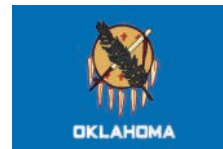
Norman, OK



Register for the Spring Convention by mail, by fax, or online. Visit the Spring Convention [Registration Website](#) for more information.

ODA's Fourth Annual Dining At the Capitol

April 7, 2011



What is it?

In 2008, the Oklahoma Dietetic Association began a partnership with Oklahoma's Agricultural Community and created this event to emphasize Oklahoma's natural products. Every year, our goal is to educate state legislators and their staff members about dietitians and the benefits of using Oklahoma's natural products to promote good health across the state.

How can organizations within the Agricultural Community participate?

Participating organizations prepare and bring a healthy recipe to serve between 11:00 am and 1:00 pm. The combined recipes brought by participating organizations make a complete, healthy meal. Each year we expect approximately 600-700 people to attend the event, including legislators, their staff members, public officials, ODA members, and the citizens of Oklahoma. Guidelines and participation forms are available from the ODA Central Office.

How can ODA members participate?

Come and enjoy lunch on the 4th Floor Rotunda at the capitol between 11:00 am to 1:00 pm. Promote RDs and DTRs to our legislators and the staff members.

For more information, contact the ODA Central Office at 877-656-8874 or oknutrition@oknutrition.org.

OCDDA UPDATE



CAMPUS

ORNER



The OUHSC Student Dietetic Association (SDA) held elections in November for the 2011 year. The first meeting with the new officers was held February 7th, and we are looking forward to a busy, exciting Spring!

The service committee is organizing a trip to the Regional Food Bank of Oklahoma for this February's service project. A National Nutrition Month® committee was formed to begin planning for March. Service projects and presentations for on- and off-campus are being scheduled in order to help promote nutrition in our community. For April, we look forward to participating in Relay for Life and The Big Event as an organization.

A new website design for the OUHSC SDA will be coming soon in order to give future and current students the most up-to-date information on the happening of our organization.

The OUHSC SDA has a great group of members and faculty that are excited about nutrition and ways to increase awareness!

Liz Ramey
OUHSC SDA President



This semester the interns at the University of Central Oklahoma (UCO) are busy at work and will finish their management or clinical rotations over Spring break.

Our interns are engaged in many exciting activities right now! One intern, Macey Fitzgerald, has had an ongoing collaboration with the Oklahoma Eating Disorders Association (OEDA) this year, and has been coordinating the organization's first annual Winter Walk for Awareness to raise money for the National Eating Disorders Association (NEDA). The walk will be held at the OKC zoo on Saturday, February 26, at 8 am. Brigadier General Rita Aragon, Oklahoma's new Secretary of Veterans Affairs will act as MC of the event.

And I have been blessed with the opportunity to go to Uganda over Spring break with a non-profit organization called Pros for Africa. The organization sends professional athletes and health professionals to work with women and children in this country. I am very excited and looking forward to a life-changing experience!

Other than that, the interns are looking forward to attending and volunteering at the ODA Spring Convention in March! Thanks for reading!

Lauren Tilford
UCO Dietetic Intern



OCDDA UPDATE



Dates to Remember:

February 24, 2011 Thursday	OCDDA Meeting Special social combined with 1 CPE, featuring the benefits of dark chocolate, as well as wine tasting- not to be missed!
March 2011	National Nutrition Month® - “Eat Right with Color” http://www.eatright.org/nnm/
March 5, 2011 Saturday	OCDDA’s National Nutrition Month® Event
March 9, 2011 Wednesday	Registered Dietitian Day http://www.eatright.org/NNM/content.aspx?id=5189
March 23, 2011 Wednesday	ODA Spring Convention Pre-Convention Workshop at OUHSC \$35 registration fee 3.5 CPE
March 24-25, 2011 Thursday & Friday	ODA Spring Convention “Nutrition Boot Camp: From Basics to Outcomes” Embassy Suites Hotel & Conference Center, Norman, OK Registration info to be posted in February, 13.5 CPE http://www.oknutrition.org/Spring-Cony
April 7, 2011 Thursday	ODA’s 4th Annual Dining at the Capitol and Legislative Day http://www.oknutrition.org/Dining-at-the-Capitol