

The background of the entire page is a repeating pattern of orange slices, shown from a top-down perspective. The slices are arranged in a somewhat random, overlapping manner, filling the entire space. The colors range from bright yellow to a deep orange-red. The text is overlaid on this pattern.

# **Tidewater Academy of Nutrition and Dietetics**

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**March/April 2015**

**Newsletter**

## Message from the President

Hello TAND Members! I hope everyone is eager for warmer weather and longer days! On behalf of March's National Nutrition Month®, I would like to wish everyone a great month ahead in promoting effective eating strategies to our patients, clients and customers! The 2015 Dietary Guidelines are also being launched to provide us with the latest research-based nutrition findings.

So far, this year has been a learning curve for me as TAND President! I cannot express enough appreciation for our hard working Board of Directors who has provided direction and insight. I would like to be the first to welcome Veronique Champagne, our new webmaster who is also a TAND member, to oversee our webpage and provide regular updates.

In January, Jim White provided an evening of insight and motivation for how to be extraordinary in both our professional and personal lives. It was an outstanding presentation and evening of new faces! The amount of participants far exceeded our expectations and I am very hopeful to see other meetings with engaging speakers and supporting members in attendance. I hope to see you all at our upcoming annual dietetic meeting "Set Sail for New Horizons!" April 12<sup>th</sup>-14<sup>th</sup> at the Virginia Beach Resort Hotel and Conference Center. Be well and do great things!

-Lori Tubbs MS, RDN, CSSD

## TAND Elections

Looking for a way to be more involved in your profession and your community? Why not join the TAND Board of Directors? We are looking for positive, hard-working, and enthusiastic leaders to join our team! What better way to develop your professional leadership skills while advocating for your profession and getting to know other local dietitians, DTRs, and dietetic students? Any member of TAND may be on the board, including students (students are only excluded from holding a president/president elect position). No matter what your area of interest, there is a position on the board waiting for you, including:

### Elected positions

- President-elect (2 year position: one as president-elect, one as president)
- Treasurer (2 year position)
- Secretary
- Nominating Committee (3 positions available)

### Non-elected positions

- Awards
- Career recruitment and retention
- Finance
- Legislation
- Membership
- Newsletter
- Professional recognition
- Program planning
- Scholarships
- ...and more!



If you are interested in any of these positions, please contact any of the three nominating committee members: Jennifer Hoffman at [Jepashby@aol.com](mailto:Jepashby@aol.com), Ernest Flemings at [ernest.flemings@vdh.virginia.gov](mailto:ernest.flemings@vdh.virginia.gov), or Ali Ruehl at [ali.ruehl@gmail.com](mailto:ali.ruehl@gmail.com). Elections will be held in April so please let us know at your earliest convenience.

## Member Spotlight

### Kathleen Walters

For our member spotlight this month, we wanted to show our appreciation for Kathleen Walters. Kathleen, along with Phyllis Woodson, has spearheaded this year's VAND annual conference planning committee. Kathleen is truly a dedicated leader, and we couldn't have organized this conference without her. Thank you so much Kathleen!

**Biography:** Kathleen graduated from Wilkes Community College with a BSHE in Food, Nutrition and Food Service Management. She continued her education by completing an MS in Community Nutrition in Blacksburg. During her last year, she drove daily to West Virginia to work for WV WIC and traveled the 9 mining counties providing WIC services in armories, staying overnight in motels with a parking lot full of huge coal trucks in the mornings.



Following graduation she moved back to the Tidewater area. She was fortunate that Maternal and Child Health Block Grants were newly available in Virginia and established the MCH Nutritionist programs in Chesapeake, Hampton and Virginia Beach Health Departments. These positions allowed her to provide nutrition services for pregnant high school students, Head Start programs, the Severely and Profoundly Handicapped Program in the Virginia Beach Public Schools, and maternity clinics. She became an RD via the Pre-planned Work Experience with Advanced Degree program that was then available. After that, she obtained a position as WIC Coordinator for Virginia Beach, then in Portsmouth, where she has worked for the past 21 years. She has learned that WIC nutritionists and RDN's have perhaps the greatest opportunity to make positive and lifelong changes in the health of families from repeated interaction with them from their pregnancies through each successive child reaching age five - many years in many cases. The health message does take root eventually!

Kathleen has been honored to serve as President of the Tidewater Nutrition Council, the Tidewater Dietetic Association (now TAND) and of the Virginia Dietetic Association (now VAND). She has attended a Cookbook Marketing Conference in Nashville, the ADA Leadership Institute in San Diego, the ADA Public Policy Workshop in DC and an ADA Licensure Conference in Pittsburgh. Her self-proclaimed greatest professional honor was nomination for the VDA Distinguished Dietitian of the Year Award, which she was awarded at the last Tidewater Annual Meeting in 2010. Her unsolicited advice to young dietitians is to take advantage of opportunities for personal and professional growth, to meet and work with outstanding dietitians and role models in your area, throughout the state and nation provided by being active in the district, state and yes, even national Academies of Nutrition and Dietetics.

# VAND Annual Conference

It's almost here! The VAND Annual Conference "Set Sail for New Horizons!" kicks off on April 12<sup>th</sup>. We have a versatile array of speakers and topics to appeal to dietitians who specialize in research, clinical, community, agriculture, food science, and business. It isn't often that we host the annual conference here in the Hampton Roads area, so take advantage of this opportunity!

Special conference sessions include:

- Research and the Science Behind Current Health Issues (Monday)
- Make Nutrition *Your* Business (Monday)
- Clinical Updates in Bariatric Surgery, Periodontal Disease, and the Obesity/Diabetes Epidemic (Tuesday)
- Food as Medicine from Farm to Fork (Tuesday)

Additionally, if you enjoy learning in a more experiential setting, we are offering five unique Sunday Skills Workshops.

**Workshop 1.** Exercise, Nutrition, Supplements and Maintaining Military Personnel. Learn about the relationship between nutrition and exercise performance and how servicemen and servicewomen are able to maximize their athletic skills through a specialized diet and exercise regime.



**Workshop 2.** Healthy Smiles for Women and Young Children: the Link between Nutrition and Oral Health. While it may not be something we often think about, oral health is critical to our overall health and is directly impacted by nutrition. Learn about how dietitians can help to promote optimal oral health in the populations that need it most (limited to 50 participants).

**Workshop 3.** New CMS Diet Ordering Guidelines, Nutrition Support, and Glycemic Control in the Hospitalized Patient. As dietitians gain more trust and autonomy in the clinical setting, it is important to know what clinicians are focusing on for standards of care. Learn about the most recent guidelines for patients in the hospital.



**Workshop 4.** Sustainable Skills Workshop: The Eastern Shore Excursion. Travel along Virginia's historic Eastern Shore to learn about the USDA certified organic and sustainable farm practices, oyster restoration, and using algae as a renewable energy source. Box lunch and wine samples included! (limited to 36 participants).

**Workshop 5.** Culinary Institute of Virginia: Microbes- A Chef's Best Friend. Whether a beginner or a gourmet cook, enjoy a hands-on interactive cooking session with RD and classically trained Chef, Sean Danahy, who will explore the world of fermented foods (limited to 75 participants).



Register today at: <https://eatrightvirginia.webconnex.com/AM2015>

## Recipe of the Month

Spring is right around the corner, which means a new season for fresh fruits and vegetables. How about trying a new crisp salad for spring? Fennel, for those who haven't tried it, is a slightly sweet, crunchy vegetable that has the texture of celery and the smell of licorice. It is high in vitamin C, fiber, and several phytonutrients. It is an excellent compliment to almost any salad, soup, or pasta dish!

### Cabbage, Cucumber and Fennel Salad with Dill

#### Ingredients:

1. 1¼ lbs Savoy cabbage, very thinly sliced on a mandolin (6 cups)
2. 1 medium sweet onion, very thinly sliced on a mandolin
3. 1½ pounds fennel bulbs—halved, cored and very thinly shaved on a mandolin
4. Ice water
5. 1 seedless cucumber, halved lengthwise and sliced crosswise ⅛ inch thick
6. 1 cup crème fraîche
7. 2 tablespoons white wine vinegar
8. ½ cup chopped dill
9. 3 T poppy seeds



#### Directions:

1. Put the cabbage, onion and fennel in three separate bowls and cover with ice water; let stand for 30 minutes. Drain the vegetables and spin dry in a salad spinner. In another bowl, toss the cucumbers with 2 teaspoons of salt and cover with ice water. Let stand for 30 minutes, then drain and pat dry.
2. In a very large bowl, whisk the crème fraîche with the vinegar until stiff. Add the dill and poppy seeds and season generously with salt. Fold in the cabbage, onion, fennel and cucumber and serve right away.

Original recipe obtained from: <http://www.foodandwine.com/recipes/cabbage-cucumber-and-fennel-salad-with-dill>

## National Nutrition Month®

National Nutrition Month® is a great time to promote our profession by participating in community and workplace events. Is your facility, office, or school doing something amazing that you want to share? Email me at [lisa.conway52@gmail.com](mailto:lisa.conway52@gmail.com) with pictures and descriptions of your NNM event and I will include it in our next newsletter! This is a wonderful way to share ideas and give each other credit for all that we do as dietitians, diet techs, and dietetic students.

Happy RD Day!