

Tidewater Academy of Nutrition & Dietetics

Spring 2016

*Welcome, New Board
Members!*

Thanks to all who participated in April's election of new officers. We are pleased to introduce the following new members of the board:

Valerie McCloskey, RD- President-Elect



Valerie is originally from Michigan and relocated to the Tidewater area two years ago with her husband. While in Michigan, Valerie worked in Long Term care for a number of years before becoming a dialysis dietitian. She also served as a community educator with an organization called Kidney Smart, providing the community with education about Chronic Kidney Disease. Valerie has also volunteered with Share our Strength, partnering with a chef to educate and promote healthy eating on a budget for low income families and individuals. Since moving to Virginia, she has been working as a contract dietitian in the Tidewater area as well as out of state. She is a certified Yoga teacher and is currently exploring Yoga Therapy, which is a special interest of hers. Valerie has recently become interested in bee keeping and hopes to get her own hive soon.





*Kenneth
Noyes-
Secretary*

Kenneth Noyes is a senior at Norfolk State University who will be graduating in Spring 2017 with a Bachelor's in Exercise Science with a Food Science Nutrition Concentration. He hopes to match with the Army's combined Master's internship next year. Currently he works as a certified pharmacy technician at CHKD and is co-president of the NSU nutrition club. Kenneth's transition to a vegan diet in 2012 helped develop his interest in being involved in the food system and food politics, leading to his desire to go into dietetics. He enjoys singing, cooking, and running, and hopes to complete the Shamrock Marathon one more time before he starts his internship. Kenneth is particularly interested in clinical dietetics and hopes to eventually become certified in nutrition support and exercise physiology.

Kirsten Romero is a Virginia Beach based Registered Dietitian Nutritionist (RDN) who believes in helping her clients achieve their health goals through a livable diet that includes great tasting, healthy foods in moderation. She currently works as a consultant in many capacities, from conducting diabetes grocery store tours to counseling in a corporate wellness environment, and she is the nutritionist at Mind Body Works, a wellness center located in Virginia Beach. Kirsten has worked in varied clinical settings, including pediatrics and intensive care, and in outpatient settings and public health. She graduated from Virginia Tech with both her Bachelor's Degree and Master's Degree in Nutrition. She completed her dietetic internship at the University of Virginia Health Sciences Center.



*Kirsten Romero,
MS, RD-
Nominating
Committee*

Véro graduated from Laval University and completed her dietetic internship in Canada. She first started working as an outpatient dietitian at different gyms. When she moved to Virginia 2 years ago, she started working as a clinical dietitian. She is currently working at De Paul Medical center on the neurology and orthopedic floors. Véro is currently acting as the webmaster for TAND.



*Veronique Champagne Pettitt, RD-
Nominating Committee*



Anastasia Floyd- Student Liaison

Anastasia Floyd is a senior at Norfolk State University where she is co-president of the nutrition club, and an honors student. Anastasia is a superlatively scrupulous and sedulous student. She was the recipient of the 2016 TAND NSU student scholarship and has also been recognized by Eastern Virginia Medical School's Department of Pediatrics as an essential asset to two REACH projects that focused on improving the nutrition and physical activity of predominately African American churches and faith-based communities. Her nutrition interests include nutrition support, pediatrics, eating disorders, oncology and WIC. Anastasia aspires to be a NICU or PICU dietitian and obtain her doctorate in nutritional biochemistry. Eventually she would like to work as a professor to educate future generations about the wonders and significance of nutrition.

Upcoming Events



Farmer's Market Summer Socials

Join your fellow RDs for some summer food fun! Once a month we'll meet at an area farmer's market for networking time and exploration of our local foods. We'll meet June 11th at 10 am at the Shore Drive Farm Market (2961 Shore Dr, Virginia Beach, VA 23451) and July 16th at 10 am at the Old Beach Farmer's Market (corner of 19th & Cyprus, Virginia Beach). Info about an August date will be coming soon.

Be on the lookout for more info about this year's upcoming CEU events. We plan to have at least one hands-on culinary CEU in the fall. Previous culinary CEUs have been well attended and fill up fast.



Tidewater Area Food Festivals:

Pungo Strawberry Festival: May 28 & 29th, 2016

1776 Princess Anne Road , Virginia Beach VA

Annual Bayou Boogaloo and Cajun Food Festival: June 24-26th, 2016

Waterside Dr, Norfolk VA

Pork, Peanut, and Pine Festival: July 16 & 17th, 2016

695 Chippokes Park Road , Surry VA



TAND News

Congratulations to our very own Lisa Conway, MS, RD, CNSC, on winning the 2016 Virginia Academy of Nutrition & Dietetics **Young Dietitian of**



the Year award! Lisa is employed by Aramark and has worked at Lake Taylor Transitional Care and more recently, Chesapeake Regional Medical Center, where she is Clinical Nutrition Manager. She is a dedicated member of the TAND board and has served as secretary and membership chair. We are very proud of her for receiving this honor!



RENEW YOUR MEMBERSHIP!

It's that time of year! Don't forget to renew your TAND membership! The new membership year begins June 1st.. Any prior year members who do not renew by August 1st will be removed from email lists and the Facebook group. Please make sure you renew before then so you don't miss out on any important news. Membership is \$25 for DTRs/RDs and \$15 for students. As our website is being redesigned, please use the following links to renew your membership:

Professional: <http://goo.gl/forms/f76SozLtuZ>

Student: <http://goo.gl/forms/Pvhc0LTQ1y>

Remember, you must be a member of AND in order to be a member of the local association. Membership in TAND provides at least 6 low cost or no cost CEUs each year, as well as multiple networking opportunities.