

Summer 2014 Newsletter



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Note From The President

Greetings from SVAND!

I used to think of summer as the “down season”- the time when schedules slow and the pace of life lightens just a bit. However, I am coming to realize that in our fast paced world our down stretches don’t necessarily revolve around traditional calendar seasons. Perhaps our down times come throughout the year, whenever we insert moments for relaxation, recreation and reconnection with friends and family. Our times of refreshment are enhanced by the sharing of nourishing food and the measure of health and well-being that we enjoy as a result. As nutrition professionals we know that to be true and are dedicated to communicating that message to our clients, patients and the public.

Read and see the many great initiatives taking place in our district. Come and meet new colleagues and reconnect with those you already know. Join us around the table for a time of refreshing.

Healthy Regards,

Mary Jean Miller, MS, RD
SVAND President



SVAND Networking & Consumer Focus Meeting: Popular Diets & Practices



SVAND Fall Meeting

Salem VA Medical Center

1970 Roanoke Blvd. Salem, VA 24153

For directions, visit SVAND website

There will be signs for the meeting once you arrive at the VA hospital.

PROGRAM SCHEDULE:

4:00-4:10 Welcome & SVAND/VAND News

4:10-4:25 Introduction of Topic:
Consumer Beliefs & Practices from 2014
IFIC Survey

4:25-4:45 Networking Activity/Discussion of Topic

4:45-4:50 Wrap-up Networking;
Transition to Presentations

4:50-5:20 "Paleo Diet" by Kristen Chang

5:20-5:30 Break

5:30-6:00 "Clean Eating" by Rachel Werkheiser

6:00-6:30 "Detoxification Diets" by Michele Lewis

6:30-6:50 Panel Discussion Q & A

6:50-7:00 Conclusion & Evaluation

Join your colleagues at the 2014 SVAND Networking and Consumer Focus Meeting. Stay up to date on current diet trends and connect with fellow nutrition practitioners and health professionals. Three current diet trends will be reviewed: Paleo, Clean Eating and Detoxification. Registered Dietitians will present a synopsis of each method, along with benefits and possible pitfalls. Participants will consider a variety of methods to educate patients in evaluating popular diet practices for safety and effectiveness. The program will explore the impact of social media and marketing on consumer perspectives and decision-making (as described in the International Food Information Council Foundation (IFIC) 2014 Food and Health Survey.)

For more information and to register, visit the SVAND website [here](http://svand.com).





Mentoring Students in Southwest Virginia

By Christa Amend Kuhn, MS, RDN

Radford University Students, under the direction of Christa Amend Kuhn, MS, RDN, present a poster of their plate waste study conducted with Montgomery County Public Schools! Pictured are (L to R) Jacqueline Corbett, Julie Knopp, Ashley Seese, Elizabeth Kane and Maria Rogers at the 2014 VAND Annual Meeting.

The definition of a mentor is someone who teaches or gives help and advice to a less experienced and often younger person, a trusted counselor or guide. The best mentoring relationships come from people who love to teach and share and students who want to learn. Students or persons new to a job bring new ideas and innovative ways of doing things that may actually be better than the ways things are currently done!

Here in Southwestern Virginia, Montgomery County Public Schools (MCPS) has dedicated time and resources to mentoring students—undergraduates, graduate students and dietetic interns. We provide students with hands-on volunteer activities that will help them as they pursue dietetic internships and jobs in nutrition. They help us by furthering the goals of the school nutrition program.

This year we have 15 students from Radford University and Virginia Tech (14 undergraduates and 1 graduate student) volunteering their time with us. Last school year we had 9 students and a UVA dietetic intern. We have students writing and analyzing recipes and menus, researching plate waste, educating students, writing newsletters, developing nutrition curriculum for grades 6-9, creating digital signboards and working in food production.

Last school year we had a dedicated group of students who completed a plate waste study and presented their results at the poster session of VAND's spring meeting. We love to create opportunities for students who have an idea or passion for something that we may never have considered. For students seeking dietetic internships we spend hours reviewing personal statements and resumes to help students achieve their goals. All students that have desired dietetic internships and have spent many hours volunteering with us have gotten internships. We are so proud of them!

At MCPS we hope to continue to offer more and more opportunities for students and now with two Registered Dietitian Nutritionists on staff, we are ready for more!

Extending a warm welcome to the 2014-2015 Virginia Tech Dietetic Internship Class!



Job Announcements

Flex-Time Clinical Dietitian at Carilion Clinic. More information [here](#).

PRN Clinical Dietitian for Twin County Hospital in Galax, VA. Looking for a dietitian to fill in for vacation and some on-call weekends. Contact Adelaida.reyes@lpn.t.net for more information.

Clinical Dietitian for Lewis Gale Hospital System. Contact Elisabeth Cochrane at 540-776-4757.



BREAKING NEWS!

**Eating Disorders Network
of Southwest Virginia
Recently Launched**



2014-2015 Interns, Virginia Tech Internship Program in Nutrition and Dietetics

Standing: Natalie Barbaro, Jordan McDonald, Julie Knopp, Kirby Moir, Lisa Fryda

Seated: Grace Wilburn, Katie Soriano, Lena Husnay, Kathleen Poole

***Wishing you the best of luck as you
navigate your clinical rotations this fall.***

Eating Disorder Network of Southwest Virginia is new resource for individuals seeking recovery & for providers seeking to network. The website is

www.eatingdisorders-swva.org

Dietitians who would like to be listed as providers can contact Amanda Mellowspring

Book Review: "Switch"

**By Jessica Lind,
Virginia Tech Dietetic
Intern, C/O 2014**

**Written by Chip Heath and
Dan Heath. Published by
Broadway Books, New York,
2010**

Have you ever gone to bed vowing to get up early and hit the gym, only to find yourself cocooned in warm blankets and punching the snooze button with the age-old "just 5 more minutes" self-argument running through your head? Or maybe it wasn't the gym that you promised yourself, but some other goal that got thwarted by one roadblock or another. Regardless, we've all been there - and, more importantly, our patients and clients have been there. So how do we change things when change is, well, *hard*? Chip Heath, professor at the Graduate School of Business at Stanford University, and Dan Heath, senior fellow at Duke University's Center for the Advancement of Social Entrepreneurship, set out to answer that very question - and their book *Switch* was the result. The book speaks to anyone, whether it be that snooze button-pusher dreaming of the gym or the CEO trying to save his company from bankruptcy, who wants to influence change. They argue that the road to change is riddled with internal and external factors that all play a

role in the success of the journey. Roadblocks typically arise in three basic forms: the head, the heart, or the surroundings, and learning how to recognize and manipulate them is the key to influencing change. They liken change to a rider trying to steer an elephant down a path. In order for this to work, the rider (the head) and the elephant (the heart) must both be on the same page, and the path (our surroundings) must be conducive to the journey.

The book is written as a compilation of stories of successful change-influencers. These stories are artfully and articulately discussed and analyzed to offer strategies in three distinct sections: how to direct the rider, how to motivate the elephant, and how to shape the path to change. Taken from scholarly publications, articles, and books and translated into language that is easy to understand, these stories easily capture and keep the reader's attention. The book is dotted with "what would you do?" workshops that allow for opportunities to apply what is learned, as well as suggestions for additional reading. A definitive weakness of the book as it applies to the field of dietetics is that it is in no way written directly in the context of nutrition. However, the book is written in such a way that it can be applied to any field or any individual.

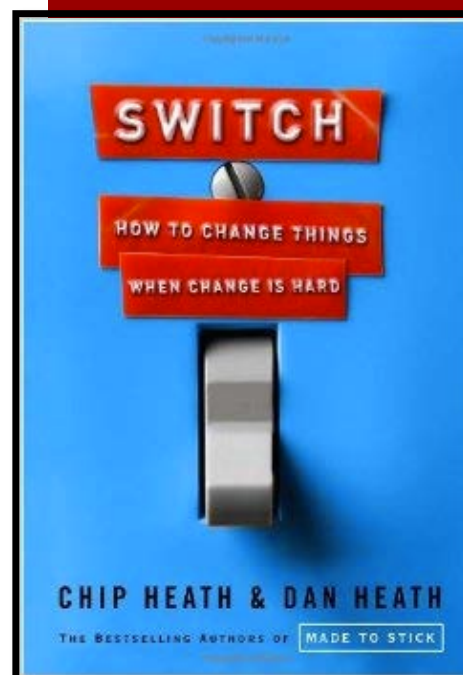
Within the context of nutrition, this book is a useful tool both for the dietitian looking to influence patients or clients to

eat healthy or the individual who is looking to inspire such change in themselves. It offers insight into human nature and provides concrete examples that everyone can relate to. As the *Washington Post* so eloquently put it, "Anyone interested in influencing others - to buy, to vote, to learn, to diet, to give to charity, or to start a revolution - can learn from this book."

Have you read an interesting nutrition-related book recently?

If you're interested in submitting a review for future newsletters, please contact Kristen Chang:

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