



## WINTER NEWSLETTER - MARCH 2015

### Note from the President

Greetings SVAND,

What an exciting time to be part of the Academy in Southwest Virginia! I am amazed by the passion and dedication of our leaders and members and look forward to engaging in the challenges and opportunities ahead. From advances in science and evidenced-based guidelines to proposed changes in the education model and prospects for ever-expanding practice, RDNs and NDTRs have ample reasons to network, share and advocate for our profession. As members of our local affiliate, we have the pleasure of forming the grassroots relationships that enable those activities to take place.

Join us in March as we celebrate National Nutrition Month® and RDN Day. Participate in Journal Clubs and our Spring Meeting! I look forward to sharing and networking with you in the coming weeks.

Healthy Regards,

*Mary Jean Miller, MS, RDN*



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## SVAND Members Represented the District at VAND Legislative Day

Legislative Day 2015 was a success with 8 Registered Dietitian Nutritionists and 6 Dietetic Interns from Southwest Virginia in attendance. Nearly 70 RDNs from the around the State represented Virginia Academy of Nutrition and Dietetics. Speakers for the day included Virginia's Secretary of Health and Human Resources Bill Hazel, Virginia Consumer Voice for Healthcare's director Karen Cameron and First Lady McAuliffe's Chief of Staff Lincoln Saunders. VAND members spoke with their legislators in support of Governor McAuliffe's budget amendment to support innovative school breakfast programs. Health concerns were addressed regarding the removal of meat safety inspections and the sale of raw milk.

For more information on Legislative Day Events, visit these two links:

<http://www.eatrightvirginia.org/docs/LegDayNewsletter2015.pdf>

<https://vandlegislateday2015.shutterfly.com/>



## Public Policy Workshop – June 7-9, 2015

Would you like to represent SVAND at the Public Policy Workshop on June 7 - 9, 2015 in Washington DC? Major nutrition legislation in process includes the redesigning of the School Nutrition Program of 2010, the Treat to Reduce Obesity Act, and the Diabetes Prevention Act. It is important for us to be actively involved and educating our legislators and their aides on these initiatives.

Contact [svandpres@gmail.com](mailto:svandpres@gmail.com) if you would like more information.

Some funding support is possible.

## “Hokie Highlights” VT Dietetic Internship Update

**Jordan McDonald, SVAND Intern Liaison**

As the spring semester has begun, the VT Blacksburg dietetic interns have begun their community rotations.

**Natalie Barbaro** has spent the past month working in the Roanoke County Public School system and has assisted in the development of a program that coincides with the Fresh Fruits and Vegetables Program to help educate elementary students on the nutrients contained in fruits and vegetables. **Lena Husnay** has been working with Head Start and planned a health fair in January, while **Lisa Fryda** has been working with Tina Renick at Carilion Peds and is contributing to the planning process of the Gluten-Free Expo in Roanoke in April.

*VT Dietetic Interns  
at Legislative Day  
in Richmond, VA*

**Grace Wilburn**, who has been working at Carilion Peds and TAP Headstart, has also been volunteering with Happy, Healthy Cooks, which is a program that utilizes a food-based curriculum to introduce and teach kids how to prepare (and love!) fruits and vegetables. **Julie Knopp** has been working with Austin Brooks of the Family Nutrition Program to design an app that targets SNAP recipients and helps them with meal planning, shopping at farmers markets, and exercise. **Jordan McDonald** has been working with VT Athletics, where she has assisted the sports RD's in developing a large menu to display in the Oasis, a fueling station for all athletes.

As you can see the interns have been gaining a wide variety of experience across the New River Valley in their community rotations. Even with their hectic schedules, 6 of the Blacksburg interns and 4 of the NOVA interns made the drive to attend the VAND Legislative Day on January 24th! Joining as one force representing Virginia Tech, the interns opened their eyes to politics, and took on the State Capitol. The interns were thankful to all of the familiar faces Southwest Virginia RD's for showing them the ropes, however also networked with other interns and RD's all over Virginia.





## Leadership Development

**Kimberly Lunsford, RD, CSG- Past-president SVAND, Leadership Development Coordinator**

For me, these winter months (and some forced isolation with the snow), have provided time for reflection and planning. I hope you have had the same opportunity.

How would you like to be involved with SVAND?  
What can you *give*, what can you *get*?  
What is on your 'wish list'?

We have a great avenue with SVAND to provide leadership development and mentoring opportunities. This gains importance every day as we work to educate the public, our coworkers, and our elected officials on the requirement of the RDN as a medical professional. One piece of advice that has stayed with me for years is: "It doesn't matter what you know, if you cannot convey your knowledge in a way that others understand."

Through SVAND, we can develop our future leaders.

Right now, our association offers meetings on relevant topics to provide CEU credits (among other fabulous benefits, of course). You may not realize, but it also offers skill building in marketing, program planning, written and verbal communications. We are all dietitians, but we are so much more.

In 2015, look for new opportunities through SVAND to develop your team building and leadership skills. One potential offering I would like to have, is a day or overnight course at Mountain Shepherd Wilderness Survival School. It is a gorgeous place between Roanoke and Blacksburg, with all modern amenities. *Don't worry, no sleeping outside (unless you want to), or eating bugs (again, unless that is your thing....)*

Here is the description of a recent course completed:

This course is a collaboration between Mountain Shepherd Survival School and Hollins University. The curriculum provides a unique and personal interactive learning experience helps students understand and reflect on their leadership style, educational life and personal lives.

By learning The Seven Priorities of Survival and the technical skills necessary to utilize them students will identify parallels existing between wilderness survival techniques, university life, personal life and growth, and ultimately the business world.

If this sounds like an out-of-the-box, 'better than a meeting' kind of way to learn and network, we can get a course tailored to meet our needs! Visit <http://www.mountainshepherd.com> and contact myself or a board member to express your interest!



## SVAND Spring Meeting March 24, 2015, 2-5pm

### Nutrition Literacy: Design & Delivery of Effective Print & e-Communications



The SVAND Spring Meeting is set for March 24, 2015 at Radford University's Selu Conservancy; 3 CPEUs. The topic of interest for the meeting is Nutrition Literacy, featuring speakers Jamie Zoellner, PhD, RD, Kristen Chang, MS, RDN, and Tanya Halliday, RD of Virginia Tech. Information regarding the current state of literature related to health and nutrition communications will be discussed. In addition, best practices associated with using social media in dietetics practice, along with comparisons of various social media outlets will also be presented.

For more information on the SVAND Spring Meeting and to register visit [eatrightsvand.org](http://eatrightsvand.org)

Join SVAND as we celebrate  
National RDN Day together!



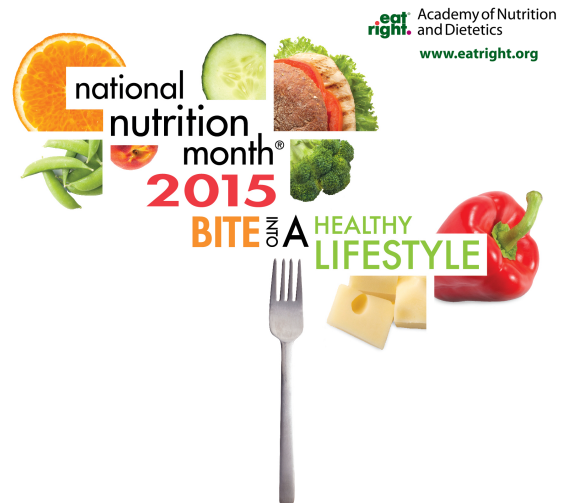
Please join us on **Wednesday, March 11th 2015 at 5:30PM at Hollywood's Restaurant in Roanoke** to celebrate RD/RDN Day! SVAND will be holding a social networking event with light appetizers and door prizes. A dinner and drink service will also be available. There will be a small donation requested (but not required) for Feeding America Southwest Virginia Food Bank. Your contribution will be donated on behalf of SVAND for civic outreach. Please RSVP online by 3/8/15. To RSVP visit: <http://www.eatrightsvand.org/~!rdn-day-rsvp/c1a06>

*SVAND membership not required! Bring a friend!*

## National Nutrition Month® 2015 – “Bite into a Healthy Lifestyle”

“Bite into a Healthy Lifestyle” is the theme for the 2015 National Nutrition Month® Campaign, which encourages everyone to adopt eating and exercise plans to maintain a healthy weight, reduce risk of chronic disease and promote overall health. Registered Dietitian Nutritionists are uniquely qualified to help our patients, clients and residents do just that!

As a civic outreach in support of National Nutrition Month®, SVAND will be collecting monetary donations for Feeding America Southwest Virginia Food Bank during our March events.



## Introducing Altitude Intensive Outpatient Program for Eating Disorders



Altitude IOP, is Southwest Virginia's new and only intensive outpatient program for the treatment of eating disorders. This program brings treatment options closer to home for many in the SWVA area. With programming 3 evenings per week, individuals can continue to participate in their lives outside of treatment while either transitioning home from a higher level of care or while addressing food, body image, and exercise issues without taking leave from work, school, or family.

Altitude works with both males and females, ages 16 and older. Programming includes group therapy, supported meals (including dining out and ordering in experiences), and educational skills groups. The program is a helpful adjunct to individual therapy and nutrition counseling, as the Altitude staff collaborates with these team members on a regular basis. Altitude is directed by Karla Soukup, a Licensed Marriage and Family Therapist and Amanda Mellowspring, a Certified Eating Disorder Registered Dietitian. Feel free to contact us for information regarding admissions, referrals, etc. Please also consider attending our Open House on Wed, April 1, 2015 from 4-6:30pm. [www.altitudeiop.com](http://www.altitudeiop.com)

## Private Practice Network

Are you working in private practice? Are you a Medicare Preventive Services provider? Would you like to network with other RDNs doing the same? If interested, please email us at [svandpres@gmail.com](mailto:svandpres@gmail.com).

## Recipe Spotlight: Pumpkin Pie Power Bites

*While I didn't create the recipe below, I sure am enjoying it! Gathering the ingredients can take some doing, or maybe you are well-equipped already for these little yummys. I use them pre-workout, as an afternoon treat, or even a couple as a 'lunch' on a very busy work day. They are very filling, and sweet enough to be a dessert. Enjoy*

~Kimberly Lunsford

**From MyFitnessPal.com 11/23/14 issue of Hello Healthy**

### Ingredients

- 8 pitted medjool dates
- ½ cup pumpkin puree
- 2 tbsp honey
- ½ tsp pure vanilla extract
- ¼ tsp salt
- 1-1/4 cup old-fashioned rolled oats
- ½ cup ground oats
- ½ cup semi-sweet chocolate chips

### Directions

Place dates in the bowl of a food processor and process until dates form a sticky ball. Add the pumpkin puree, honey, peanut butter, pumpkin pie spice, vanilla extract and sea salt. Process again until smooth, stopping to scrape the sides as needed. When well combined, transfer mixture to a large bowl and add both ground and rolled oats, ground flax seed and chocolate. Stir until everything is combined. Cover and chill mixture in the fridge for at least 30 minutes. Roll mixture into bites using about 1 tablespoon of dough and place on parchment or waxed paper. Cover and refrigerate. Power bites will keep for a week in the fridge or up to 3 months in the freezer if stored in an airtight container or food storage bag.

Serving Size: 1 power bite

Nutrition: 43 Calories, 6g Carbohydrate, 1g Fat, 1g Protein



### Mark Your Calendar for these Upcoming Events!

#### RDN Day Social Gathering

March 11, 2015 at 5:30PM  
Hollywood's – Roanoke, VA

#### SVAND Spring Meeting – Nutrition Literacy

March 24, 2015; 2-5pm at  
Radford's Selu Conservancy

#### Southwest Virginia Gluten-Free Expo

April 11, 2015; 10am-2pm  
Tanglewood Mall – Roanoke, VA

#### VAND Annual Meeting "Set Sail for New Horizons"

April 12-14, 2015  
Virginia Beach Resort Hotel & Conference Center

#### Public Policy Workshop

June 7-9, 2015  
Marriot Marquis in Washington DC



## Student Updates

### Radford University

**By Sarah Gilbert, SVAND Student Liaison, Radford**

Radford University dietetic students are buckled down and staying warm as the spring semester starts strong! Seniors are breathing a sigh of relief as dietetic internship applications were turned in February 15th. Now we wait for the results; our fingers are crossed!

With the winter weather that hit the New River Valley, the first meeting of the semester for the Student Academy of Nutrition and Dietetics @ RU had to be postponed. But we are looking forward to a heart-focused meeting, featuring Jill Traegde-Halstead, RD, as our guest speaker. Jill will be informing RU students about her work in cardiac rehab with Carilion Clinic and we will be sharing our own heart healthy recipes

As National Nutrition Month approaches we are preparing for a St. Paddy's Day give away at the new student Recreation and Wellness Center. We will be juicing fresh fruit and veggies on location and will raffle off a brand new juicer while sharing recipes. The seniors are getting excited about May graduation and all that will bring; saying goodbye to friends and faculty and moving on to the next phase.



*Virginia Tech SNDA members enjoying potluck foods at a recent meeting.*

### Virginia Tech

**By Taylor Brownell, President-Elect, SNDA**

During the 2014-2015 academic year, the Student Nutrition and Dietetics Association (SNDA) participate in many volunteer opportunities and stay active in the local community. SNDA had a booth at the Mind and Body Fair at McComas Gym, where students talked about Carotenoids, and handed out samples of roasted carrots for people to sample. Each Thursday evening, members participate in Micah's Backpack, a local charity that supports children on the free and reduced school lunch programs. This gives them bags of food to take home to eat on the weekends.

Some members participated in the SNAP challenge, where they survived on a weekly budget of \$52.00, which is close to the average budget of a Virginia SNAP recipient. Members attended the local Community Meal, a free meal for the Blacksburg community, held by the VT Sustainable Food Corp.

SNDA will have a nutrition booth at Kids Tech on March 21, where children from the community come and learn about science, technology, engineering, and math (STEM). Members will also be volunteering at Manna Pantry, a non-profit, volunteer-run food pantry, serving to Virginia Tech students. In April, students will also have the opportunity to serve at Big Event, a day full of service to the community, and Relay For Life. Potlucks are held once a month during meetings, where members can get creative with their cooking skills!

Kudos to our local nutrition and dietetics education programs: VT's Internship and Didactic Program and RU's Didactic Program all received 100% pass rates for graduates on the 2014 RD exam!

## Seeking Donations for the SVAND Gift Basket for VAND Annual Meeting 2015!

SVAND will be contributing a gift basket to be raffled off at the 2015 Annual VAND Meeting in Virginia Beach in April. Sarah Sawyers will be collecting donations for items to be included in the basket, which will have a hiking theme. Any local products or hiking related product donations would be appreciated! To donate, please contact Sarah at [Sarah.SawyersRD@gmail.com](mailto:Sarah.SawyersRD@gmail.com).



## Join a Journal Club!

Snow did not prevent 8 SVAND members from getting together for our inaugural Journal Club! Members gathered at a Roanoke Restaurant on February 26th to enjoy a delicious dinner and to reflect on a journal article and case studies related to social media. Participants took the chance to share stories and thoughts regarding social media in the work place and the role it plays in the dietetics field. Though the 8 participants differed in age, geographic location and job type, we all came to a common decision that social media impacts our profession, and that as it continues to evolve we have to evolve with it.

It's not too late to participate in a virtual or face-to-face Journal Club! SVAND members can participate in a FREE 1.5 CPEU prior approved activity discussing "The Impact of Social Media on Business and Ethical Practices in Dietetics" *JAND* November 2013 Volume 113 Number 11; 1539-1545. This is a great lead-in to our upcoming Spring Meeting. Contact [svandpres@gmail.com](mailto:svandpres@gmail.com) if you'd like to schedule a club meeting. All it takes is 3 RDNs to participate; SVAND board members can facilitate the discussion via a conference call, or we could visit your small group at your worksite, coffee shop or gathering place. This meets the CDR requirement for an Ethics (Learning Need Code 1050) credit per recertification cycle.

## Stay Connected with SVAND!

Click on each of the links below to interact with our social media pages and keep in touch!



[EATRIGHTSVAND.ORG](http://EATRIGHTSVAND.ORG)



[@EATRIGHTSVAND](https://twitter.com/EATRIGHTSVAND)



[WWW.FACEBOOK.COM](http://WWW.FACEBOOK.COM)



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