



SPRING

Newsletter

May 2014



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Note From The President

SVAND is a great opportunity! The organization is comprised of professional, diverse, intelligent people. People that live in your area, and share your passion for wellness through nutrition.



I hope you feel welcome when you visit the website, come to a meeting, or call another member. Your colleagues and possibly lifelong friends are here. I watched countless hugs and heard stories of how lives are woven together by this shared goal at our [recent state meeting](#).

Your new leaders will take the reins this summer for the 2014-2015 year. Mary Jean Miller as President of SVAND will attend a state retreat on your behalf soon. Your board members are continuing to work and communicate throughout the year to bring you unique educational and networking opportunities.

Please take a moment to read your [May SVAND Newsletter](#) for tons of local information and new on upcoming events!

Thank you all for allowing me to serve as your leader for the last year, it has been a great experience that I highly recommend!

Kimberly Lunsford RD, CSG



NEW Standardized Membership & Meeting Fees

Membership/Meeting Fees will take affect for the 2014-2015 membership year beginning June 1st, 2014.

Election Update & 2014-2015 Payment Structure

Election Results for June 2014-2015:

| | | |
|---------------------------|----------------------|---|
| Mary Jean Miller MS, RD | President | one year term |
| Rachel Werkheiser MS, RD | President-Elect | one year term |
| Sarah Dalton MS, RD | Treasurer | two year term |
| Lakshmi Mahan MS, RD | Secretary | (2 nd year of two year term) |
| Kimberly Lunsford RD, CSG | Nominating Chair | one year term |
| Tricia Foley MS, RD | Nominating Committee | one year term |
| Martha Ross MS, RD | Nominating Committee | one year term |
| Kristen Dehr MS, RD | Nominating Committee | one year term |

Payment Structure 2014-2016:

| <u>Membership</u> | <u>Meetings</u> |
|------------------------------|------------------------------|
| \$40 RD/RDN 2-year | \$15 RD/RDN |
| \$30 RD/RDN | \$10 Interns/Student/Retired |
| \$15 Interns/Student/Retired | \$20 Nonmembers |

Membership & Meetings are FREE to current President, President-Elect, Treasurer & Secretary

Don't forget to renew your Academy of Nutrition & Dietetics and SVAND memberships by June 1st!

RECAP: Virginia Academy of Nutrition & Dietetics Annual Meeting- Charlottesville, VA – April 6-8th

Prepared By:
Kristen Chang



The Blue Ridge District of VAND recently hosted the 2014 Virginia Academy of Nutrition & Dietetics Annual Meeting in Charlottesville, VA. The meeting featured RD speakers from across the state as well as a few key speakers from across the county. The meeting was kicked off on Sunday, April 6th with three skill development workshops covering the topics of Fueling the Elite Athlete, Nutrition Support and Effective Counseling Skills.

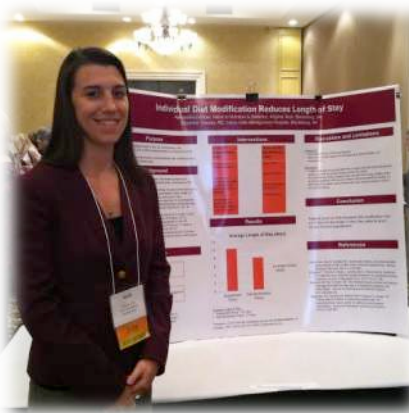
Monday and Tuesday, April 7th and 8th featured a variety of educational sessions aimed towards helping Virginia dietitians to become more savvy in their social media engagement, gain additional clinical skills, more effectively counsel patients or clients, increased awareness of sustainability efforts in food services and how to change a client's view towards nutrition and leave them eating "happily ever after." The VAND board gave updates of the Virginia Academy successes and events of the past year, including engagement in public policy to continue advocating for Virginia Dietitians.

Monday evening featured the VAND annual awards presentation. A huge congratulation goes out to two Southwest Virginia Dietitians who took away top honors: Carol Papillon, MS, MPH was honored as the Distinguished Dietitian of the Year and Tricia Foley, MS, RD was honored as the Recognized Young Dietitian of the Year. Read more about Carol, Tricia and award and other awards recipients [here](#).

Above: SVAND members at the networking reception/award ceremony of the annual VAND meeting.

Below: Carol Papillon receives her award as Distinguished Dietitian of the Year.





Hokie Highlights: Virginia Tech Dietetic Interns Making An Impact

Prepared By:
Lauren Noel



The Virginia Tech Dietetic Interns attended the Virginia Academy of Nutrition and Dietetics annual meeting in Charlottesville April 6-8th. The interns had a great time listening to the various presentations and networking with nutrition professionals in the area. Two interns presented research posters at the conference. Dietetic Intern Kathleen Poole (top right) presented a poster about the short-term effects of weight loss on Radford University's faculty and staff. This 8-week pilot study included Lunch-and-Learns about nutrition and physical activity. Over the 8-week period, the intervention group lost 5 pounds while the control group lost 1.3 pounds. Favorable changes were also seen in intervention group's cholesterol levels. Dietetic Intern Alex DeBow (top left) presented a research poster entitled "Individual Diet Modification Reduces Length of Stay." Alex conducted this pilot study with local dietitian Clarence Tawney at Lewis Gale Hospital Montgomery. They found that individualizing patients' diets was more successful than oral supplementation at reducing length of stay.

Dietetic Interns Brooke Warren and Kristen Pruett-Tatum worked with Carilion dietitian, Tina Renick, to plan the 3rd Annual Southwest Virginia Gluten-Free Expo. Over the past couple of months, Brooke and Kristen worked diligently to recruit vendors, help with marketing efforts, make handouts, and design the VT Dietetic Internship booth. The Gluten-Free Expo took place on Saturday, April 12th at the Tanglewood Mall in Roanoke and was a huge success! Twenty-two local vendors including the Virginia Tech dietetic interns and SVAND hosted well over 350 attendees. The attendees were exposed to many tasty treats from local restaurants, grocery stores, and national brands as well as information about celiac disease, gluten sensitivity, and tips on eating gluten free.



*Congratulations to the
2014 Virginia Tech
Internship Class on Your
Graduation!*

May 9, 2014



RECAP: Gluten-Free Expo Prepared by: Tammy Templeton

On Saturday, April 12th, SVAND hosted a table at the Gluten Free Expo in Roanoke, VA. This was a great opportunity to let the public know who we are as an affiliation and encourage them to seek out a Registered Dietitian for further nutrition advice. Individuals had a variety of questions presented to our table. We were able to provide nutrition-related education to people with celiac disease, gluten sensitivity, or who knew someone with one of these. We also provided handouts related to the medical nutrition therapy of celiac disease and advice for avoiding gluten cross-contamination. This was an effective community event and I encourage those who are able to be involved with events such as this to do so in the future!



I would like to thank all of those who helped make this event a success. Thanks to Tina Renick, RD at Carilion Clinic, and Brooke Warren, VA Tech Dietetic Intern, for organizing the Gluten-Free Expo. Thanks to Kimberly Lunsford, SVAND President and Lakshmi Mahan Patel, SVAND Secretary, for help coordinating the SVAND table and to Kimberly, Erin Krzeski and Asa McKee for volunteering to work at the table.



Member Updates

SVAND Secretary, **Lakshmi Mahan**, welcomed the newest addition to her family, Amani Mahan Patel in late January 2014. Congratulations Laskmi!



A SVAND Basket, filled with local goodies was auctioned off at the VAND annual meeting. The basket went to Karyn Theis of Northern Virginia! About \$150 was raised for the VAND Political Action Committee!





Did you know Kids Eat Right has Toolkits for presentations that are ready to go and easy to use for both parents and children?

The topics include:

Healthy Eating from the Ground Up

Family Meals: Anytime, Anyplace

Healthy Snacking in a Nutshell

Healthy Breakfast Everywhere You Go

Healthy Families, One Change At a Time

Myth Busters

Everything you need in an easy to use format is right at your fingertips. Included in the materials are Tip Sheets and suggested activities. Add an activity or two for a perfect 30 minute presentation for an after school nutrition education program. Education resources are also available on the Kids Eat Right website.

Kids Eat Right has provided \$200 mini-grants to get the word out.

The application for the grant is easy to complete and not time consuming.

The goal seems to be get the word out in every state.

Kids Eat Right Toolkits can be found at eatright.org/programs/kidseatright/activities

Submitted By: Mary Riggins

SVAND Spring Meeting A Big Success!

Prepared by: Mary Jean Miller

Southwest District (SVAND) recently held a successful skill development meeting, "Elevating the Role of the RD as Clinical Practitioner." Forty-four RDs from across the district along with Dietetic Interns from VT and DPD students from RU participated in the March 18th presentation by Susan Lessar MS, RD, CNSC, Director of Nutrition Therapy for Valley Health based out of Winchester, VA. The meeting was held at the beautiful new Village Center venue at Warm Hearth Village in Blacksburg. Susan described her successes at increasing the value of the RD and therefore increasing FTEs by:

- Identifying clinical characteristics of malnutrition according to the ASPEN/AND Consensus Statement (JPEN J Parenter Enteral Nutr 2012 36: 275)
- Initiating an Oral Nutrition Supplement Protocol
- Inserting Feeding Tubes
- Performing Elements of the Nutrition Focused Physical Assessment

With the help of volunteer residents, participants practiced physical assessment skills including evaluation of edema, identification of bowel sounds and grip strength dynamometry. Attendees reported that they learned new skills and very much liked the hands on skills practice. Kudos to all the practitioners and practitioners to-be who were willing to step out of their comfort zones and get hands-on with nutrition care!

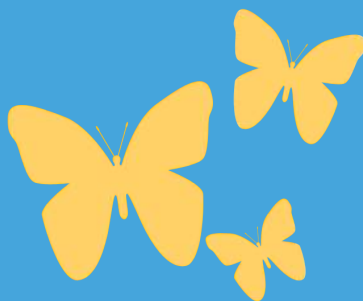
Upcoming Events

Save the Date & Call for Speakers

Our Fall SVAND meeting is set to be held September 10, 2014 in Salem, VA. The topic will be a Panel Discussion on Popular Diets and we are looking for speakers to participate in our panel discussion! If you are interested, please contact:

Mary Jean Miller

m-miller@radford.edu



Contribute to Our Next Newsletter!

This includes, but is not limited to: nutrition related book reviews, research updates, nutrition related opinion columns, and member updates or other nutrition related articles.

Submissions can be emailed to:

Kristen Chang
SVAND Newsletter Editor
Kristen.chang.11@gmail.com

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Visit our website at <http://www.eatrightsvand.org/>.

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