



SEPTEMBER 2017 MEETING

SEIAND

Jan 2018

Newsletter

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President's Message

by Yu-Han Huang, MS, RD, CD



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Warm greetings,

As 2017 comes to an end, the new year is rolling in. Thank you for all your support for joining, renewing membership and attend the meetings that we planned for you. Our executive boards are dedicated to bringing more interactive and excited meetings for the year of 2018. If you would like to be more involved or volunteer in any way, please do not hesitate to contact us.

Here are some upcoming district/state events:

1. **National Nutrition Month** is in March with the theme "Go Further With Food". Our district have two \$50 funds available to support your program or activity. (Application attached with this newsletter).
2. **Annual Indiana Registered Dietitian's Day at the Statehouse** is March 14th (Wed), 2018. Morning CEU sessions will be offered from 8:30-10:30 am at the Indy Star. 11:00 am-1:00 pm will be lunch with our legislators and exhibits at the Indiana State House, North Atrium.
3. March 27th, 2018 2:30-5pm is our next **SEIAND meeting** located at Schneck Medical Center in Seymour Indiana. We have two speakers- Molly Marshalls MS, RDN, CD will talk about her journey to fight obesity in Jackson County through systems and policy changes. Jeff Harker DVM will share about the use of antibiotic in food animals.
4. **Indiana dietetic association annual meeting** will be at the Forum Conference and Event Center, Noblesville, IN on April 11-12. It will be a great time to meet with your fellow dietitians and get your CEUs.
5. Please consider serving on the district or state level. Not only you will get 3 CEUs per year for your time and serve, you will be able to improve your leadership and organizational skills. The nominating committee will be contacting you soon for more details.

Again, happy new year to all of you and I hope that I will be able to see you in the next few months.

Yu-Han Huang, MS, RD, CD
SEIAND President 2017-2018

2017 - 2018 District Officers

PRESIDENT

Yu-Han Huang, MS, RD, CD

PAST-PRESIDENT

Cheryl Fisher MS, RD, CD

PRESIDENT-ELECT

Patricia Wade, RD

SECRETARY

Crystal Olry, MS, RD

TREASURER

Katie Shepherd, MS, RD, CD

NOMINATING COMMITTEE-CHAIR

Stacey Driver, MS, RD

NOMINATING COMMITTEE

Bobbie Saccone, MS, RD, CD

NOMINATING COMMITTEE

Natalie Donner, RD, CD CD

PUBLIC POLICY

Samantha Schaefer, MS, RD, CD

SCHOLORSHIP

Rachel Noirot, MS, RD, CD

NEWSLETTER EDITOR

Jessie Wong, MAcc, RDN, CD

你好! Hello! This is Jessie Wong, it is a great honor to be the Newsletter Editor for SEIAND. Please allow me to introduce myself.



Here's a picture of me with the AND President Donna Martin at FNCE 2017!

Being a second career dietitian, I used to be a public accountant until I decided I did not want to waste my life doing taxes for the 1%.

Now, I am a part-time dietitian for Performance Nutrition in IU Athletics Department and volunteers with our local Volunteers in Medicine. I work with students athletes on their nutrition needs, whether it's fueling for practices or games, and/or individual nutrition planning. I love my job and absolutely love being a dietitian.

Please give me any feedback you have on this issue of the newsletter!

CIAND & SEIAND Fall Festivals & Personal Branding

by Jessie Wong, MAcc, RDN, CD

What is a better way to earn 2 free CEU while having a picnic on the farm?



Great food!

This fall, SEIAND and CIAND collaborated on a Fall Festival at Kelsay Farm in Whiteland, IN. We enjoyed an outdoor family dinner with wonderful food and a continuous education session on Building a Professional Personal Brand by Jenni Brownings of the Indiana Dairy Council.

Personal branding!

Jenni Brownings, MS, RD, CD, kicked off a successful Winners Drink Milk campaign last year alongside Indy 500. We learnt about creating fun infographics and using social media such as Twitter, Instagram, Facebook, Pinterest, and even hashtags in creating and promoting our personal brand! #WinnersDrinkMilk #SEIAND



Dairy Farm Tour

Afterwards, Amy and Joe Kelsay, the 6th generation dairy farmer gave us a tour at the dairy farm and gave us a brief introduction on how it functions. We even got an inside look at the milking parlor where the cows get milked 3 times a day, 365 days a year! While dairy farming is difficult job, milk is an essential part of our life! We can all appreciate the delicious and nutritious milk as dietitians.



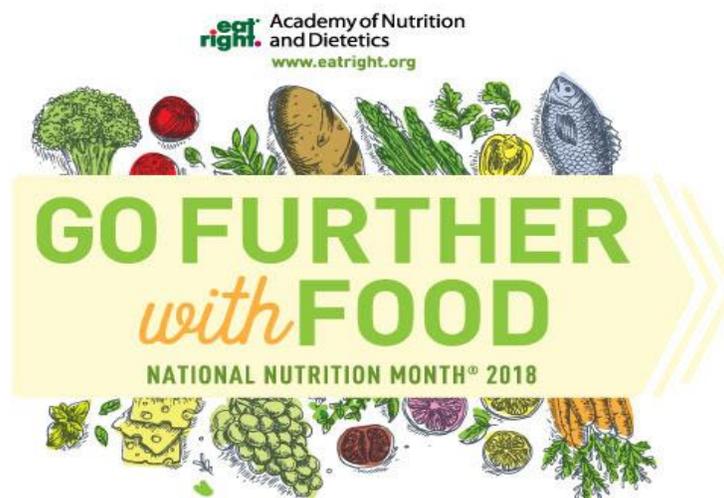
SEIAND September Meeting Recap

by Patti Wade, MS, RD



The September 11, 2017 SEIAND Meeting was held in Bloomington at the Ekah Yoga studio owned by one of our SEIAND members, Crystal Olry. We had 20 members in attendance for the delightful programs. We offered 2 CEU activities with our member meeting between the 2 programs. Our theme for the meeting was Mindful Nutrition. It was an interactive meeting that included a yoga exercises and chocolate tasting! Crystal Olry, MS, RD, CD, led us through some Gentle Yoga exercises and a discussion of the benefits of mindfulness. Steven Lalevich, RD led us through a mindful tasting of chocolates.





National Nutrition Month Funding Available

Do you have a program or activity that could benefit from a financial boost? Apply for SEIAND National Nutrition Month funding! There is \$50 available for a project of your choice.

The theme for 2018 is 'Go Further With Food'! Consider doing an activity in your town! We can support 2 different projects this year.

To request funding, e-mail the following info by Friday, Feb. 23rd to:
Katie Shepherd, SEIAND Treasurer: katie.shepherd@me.com

Your name / Location of event:

Date:

Target audience:

Brief program description:

You will be notified if your application is approved by the board. Submit receipts to SEIAND Treasurer for reimbursement within 2 weeks after the event, as funding will not be provided up front.

Student Spotlight

by Shelby Boxell



Hello! My name is Shelby Boxell and I am in the middle of my dietetic internship. I received my bachelors in Applied Health Science – Dietetics from Indiana University. After graduating in 2015 I took a year off and started working full time for a local community mental health center as the lead health coach trainer for the state of Indiana. I applied for the DI matching process this past winter and was accepted by Marywood University in Scanton, PA. I am participating in their distance program, so I am able to complete my rotations locally. I currently live in Bloomington with my fiancé, Colton, and our two dogs. In May I will complete my internship and begin preparing for the RDN exam. I am hoping to take and pass the RDN exam early next summer, prior to my wedding in August. I have thoroughly enjoyed getting to have so many diverse experiences during my internship and am excited to see

what the future holds. I have a passion for working with underprivileged children and families and am hoping to continue that work as an RDN.

My interest in dietetics started my freshman year of college, when my grandmother was diagnosed with stage 4 lung cancer. I was fascinated by how her oncology team used food to help supplement her treatment. I switched my major to dietetics after my first semester and have loved every step of the process in becoming an RDN. Food is the medicine of the future and I am excited to play an integral part in sharing that knowledge with others.

Thank you for featuring me in this spotlight, it is an honor!

SEIAND September Member Minutes

by Crystal Olry, MS, RD

Date: 9/11/2017

Purpose: Presentation by Crystal Olry of Ekah Yoga and Steven Lalevich of Healthy IU

Presentation Title: Introduction to Mindful Eating (1 CEU)

Presentation Title: Eat Chocolate, Be Healthy (1 CEU)

Members present: Cheryl Fisher, Katie Shepherd, Stacey Driver, Crystal Olry, Rachel Noirot, Patti Wade, Bobbi Saccone, Yu-Han Yuang, Mary Jo McClintic, Natalie Donner, Barbara Murray, Robin Parker, Stacey Matavuli, Shelby Boxell (student), Steven Lalavich, Martina Sam, Jessie Wong, Jane Bennett, Dawn Lucas, and Danielle Mach

Account Balance: \$3300.38

Old Business:

Topic	Responsible person(s)	Discussion Summary	Action Taken	Further Action Needed	Date needed or completed
Treasurer report	Katie Shepard	<ul style="list-style-type: none"> Report current balance Treasure report: Motion approve "only district president " not " others who require to go to annual meeting" for the half room rate or up to \$140 if employer does not pay 	Motion approved	none	

New Business:

Topic	Responsible person(s)	Discussion Summary	Action Taken	Further Action Needed	Date needed or completed
Licensure Bill	Samantha Shaefer, IAND	Backing off the push for licensure bill. Change of focus. IAND will not retain lobbyist and will	Common Sense Nutrition Disclosure Act opposition letter	Legislator Spotlight in IAND newsletter?	Day at the Statehouse March 14 th and RDN day

& Public Policy		focus on grassroots efforts/networking/relationship building	signed by Sen. Joe Donnelly	Day at the Statehouse for networking	
Membership	Katie	28 members, 23 members, 3 retired, 2 students	Forms available for registration		
SEIAND Spring meeting	Yu-Han	Location proposal is Seymour, time and date TBD			
IAND Spring Meeting	IAND committee	April 10 th , 2018 in Noblesville IN			
FNCE		October 21-24, 2017 Chicago			
Social Media		Looking for Media/PR volunteer		Recruit Media/PR at Sept member meeting	
Budget	Katie	-Hotel reimbursement for district -Collaboration with local businesses	Each meeting host will assist on food supply and food cost	Jane Bennett donate to SEIAND Crystal working on local donations	
Committee members	Webmaster-Yu-Han Hospitality-meeting hosts Media/PR- Vacant Public Policy-Samantha Schafer Scholarship-Rachel Spotlight editor-Megan				

Next meeting:

March 29th, 2018 2:30-5pm

Location: Schneck Medical Center in Seymour Speakers:

Molly Marshalls MS, RDN, CD will talk about her journey to fight obesity in Jackson County through systems and policy changes.

Jeff Harker DVM will share about the use of antibiotic in food animals.

Social Media Month

Every year, each district is asked to pick a month to provide nutrition and wellness facts for IAND's Facebook and Twitter accounts. In 2017, we provided materials for the month of August.

Our very own Patti Wade, RDN, CD was also featured by IAND's social Media Accounts! Here was some information she shared.

- **Name:** Patti Wade, RDN, CD
- **Company/Employer:** Columbus Regional Hospital
- **Schooling:** BS and Coordinated Undergraduate Program from Georgia State University in Atlanta, GA
- **Favorite Vegetable and Fruit:** This varies with the season and the region. In the spring, here in Indiana, my favorites have been the greens from my garden and the berries and cherries in my yard. As summer kicks in, it will be Indiana corn on the cob, and cucumbers and tomatoes from my garden. In the fall, apples are my favorite! When I lived in Georgia, peaches were my favorite fruit and I learned to appreciate the regional favorites: okra, sweet potatoes, turnip greens, and black-eyed peas.
- **How do you make a difference?** I support our CRH Food and Nutrition staff in our mission to improve the nutritional status of the people we serve. I focus on incorporating fresh, local food into our cafeteria menu and introducing our customers to different foods and food preparation techniques.

Our other posts includes:

- National Watermelon Day – How to pick a good melon? Look for a dried brown stem and a yellow belly!
- Visit a local farmer's market for the best in-season fruits and vegetables! #healthyliving
- Stay cool and work that heart with a swim this week!
- County Fair Season! Find the pork stand or go for Indiana sweet corn.
- August is Peach Month! – Choose firm, unblemished peaches that yield to gentle pressure when ripe.
- August is National Sandwich Month!
- School is around the corner! Add colorful nutrition to your kids' lunch by packing cut-up fruits and veggies! Grapes, carrots, strawberries, snap peas, and cucumbers are easy and great choices.
- Try zucchini fries!
- Plan one more camping trip before the end of summer!