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SouthEast Indiana Academy of Nutrition & Dietetics

Academy of Nutrition and Dietetics

July 2015

SPOTLIGHT

President's Message

Greetings SEIAND Members! I hope you are enjoying a great summer! Before we know it, Fall will be upon us. I will assume my new role as president, and Cheryl Fisher will take on the role of president-elect. We have been hard at work brainstorming for meetings. Before we think too much about the 2015-16 year, I want to give you a brief review of the past year! **Year in Review:**

•Membership: 30 RD's and 11 students.

•SEIAND had 2 member meetings w/CEUs this year

Thank you all for giving me the opportunity to serve as your next president. I hope you find the meetings, CEUs, and networking valuable for your professional growth. I would like to say a special thank you to all of the 2014-15 officers for the time and care put in to SEIAND this year. We have a special group of RD's, and I hope you all renew your membership this year! Rachel Noirot

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SOUTHEAST INDIANA ACADEMY 2015-2016 ELECTED OFFICERS

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At the 2015 IAND Annual meeting, two bus loads of RDs and students visited the new Ezkanazi hospital in Indy! This hospital has many impressive things..single patient rooms, neat artwork, a rooftop garden with fresh produce, and its own restaurant!

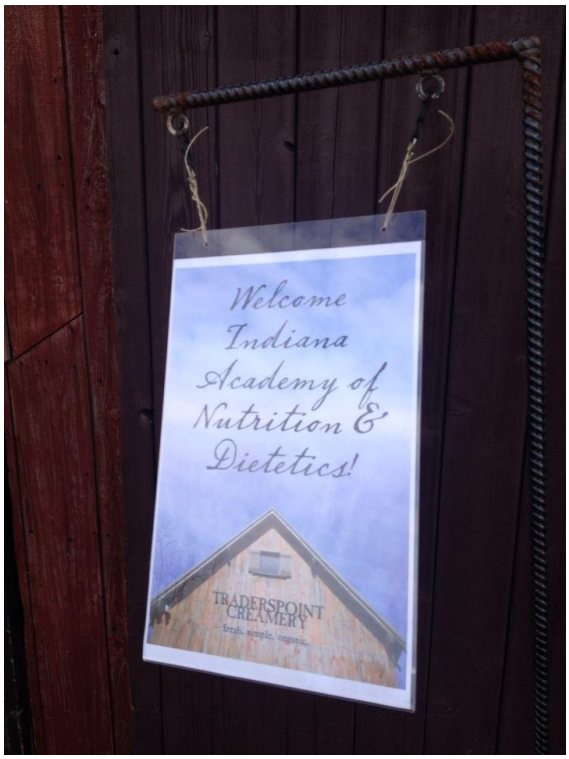
Color-coded salad bar in the hospital's dining area!

On our excursion, we also traveled to Trader's Point Creamery, an organic dairy farm in Zionsville.

We got a tour of the milking barns, saw chickens, tasted organic yogurt, and heard a talk presented by the owner himself! If you've never been, it's got ice cream and milk shakes to die for, and its restaurant, the Loft, has a great menu selection such as burgers made with 100% organic grass-fed beef, and omelets made with organic grass-fed eggs! http://www.traderspointcreamery.com/

They have ***Fridays on the Farm*** from 5-9pm through August, with music and outdoor activities!

Bethany Daughter, Rachel Noirot, and Lauren N. at Trader's Point!



Owner of Trader's Point, Dr. Peter Kuntz speaks to RDs

Student Spotlight: **Beiwen Wu** – U. Minnesota dietetics student / NACUFS Summer Intern – IU Dining Services

Hello everyone! My name is Beiwen Wu and I am a dietetics student at the University of Minnesota. This summer (through Aug. 1), I'm working at Indiana University Bloomington doing my food service management internship. It is through the NACUFS (National Association of College & University Food Service). It has been a very cool experience for me to learn about the university dining system. I found out that menu planning, nutrition analysis, and student consulting are three very important parts regarding nutrition in campus dining.

I was a nursing student in China initially; however, my mom told me it's better to take actions ahead to prevent diseases rather than waiting their occurrence and treating afterwards. I changed my mind and decided to major in nutrition. However, nutrition is a very new field in China and only a few universities have undergraduate nutrition programs, not including my previous university. I decided to transfer to the U.S. and major in nutrition. It's a complex process, but I am glad I did it!

In the future, I want to become an RD and work for a non-profit organization. I know it is extremely competitive to be matched as a dietetic intern, but I hope to get one next year! In addition, I want to study biostatistics or nutrition epidemiology. Skills in data analysis in today's world are valuable and practical, so if I have a chance, I will be willing to learn/apply this knowledge in my future work!

Meet an RD: **Steven Lalevich, RD – Healthy IU, Indiana University**

As the dietitian with Healthy IU the university employee wellness program, I have the opportunity to promote healthy eating from a variety of angles. I do one-on-one nutrition counseling with employees, give nutrition presentations, and help to make sure healthy foods are available on all campuses (ex..even working with vending to indicate healthy choices in vending machines). I've been working in my position for almost a year, and my favorite part of my job is the variety.

Every day is different, and I enjoy the new challenges and opportunities each day brings. I'm originally from Columbia City, Indiana. I graduated from IU Bloomington with a degree in economics, and then completed the DPD there as well. I completed my internship at Yale-New Haven Hospital. My advice for students would be to cultivate an inquisitive mind about nutrition, realizing that there is always something new to learn or discover. (Steven is our new treasurer, so we are thankful to have him on our board!)

Thursday, SEPT. 9, 2015

SEIAND Fall Meeting

Southeast Indiana Academy of Nutrition & Dietetics Presents:

Bobbie H. Saccone. Ph.D. RD, CD

CONGRATULATIONS BOBBIE ON YOUR PhD defense!

LONG-TERM WEIGHT LOSS MAINTENANCE IN WOMEN: AN EXPLORATORY STUDY

The purpose of this study was to explore the personal and sociocultural factors of women who experience long-term weight loss maintenance following a substantial weight loss.

When: September 9th, from 4-6pm. Come early for wine tasting before the meeting begins. If you plan to taste wine, we recommend coming no later than 3:30. Also, if anyone is interested in a tour behind the scenes please let me know in your RSVP and that will begin at 3pm.

1 CEU offered

Where: Oliver Winery, 8024 N. State Road 37 Bloomington

Agenda:

4:00-4:30pm executive board and membership meeting (we will combine)

4:30-4:45pm refreshments / break / meet and greet

4:45-6pm CEU Presentation by SEIAND member Bobbie Saccone, PhD, RD

Please RSVP to Crystal Olry at crystalolry@gmail.com by September 3rd, 2015.

Also, save the date!! Our March meeting is set for Thurs., March 10th at Schneck Medical Center in Seymour, IN. A CEU on an enteral nutrition topic will be provided by Nestle HealthCare Nutrition.

SEIAND News:

UPCOMING EVENT:

Dear Registered Dietitians, Certified Dietary Managers and Administrators,

Please join IN-DHCC for 2015 Summer Meeting. Details are below. Hope to see you there!!!!!

Join the Indiana Dietetics in Health Care Communities for the summer meeting
"Building your Essential Competencies" Thursday, August 27th, 2015

Location of Conference:
Madison Park Church of God
6607 Providence Drive, Anderson, IN 46013

Accommodations: $89/night
Holiday Inn Express and Suites (765-779-0111)
6720 S. Scatterfield Rd, Anderson, IN 46013

Program -7.5 CEU's applied for RD's, CDM's and Administrators
All Pre-Registrants will receive a FREE COPY of: "*Common Denominators of Declining Nutritional Status*" retails for $59.00/each
7:15 Registration
7:45 Welcome and Member Business Meeting
8:00 – 9:30 "Feeding Your Wound: Fuel to Heal" Mary Ellen Posthauer, RDN,CD,LD,FAND -Wounds
9:30-11:00 "Competencies: Your Pathway to Quality" Gretchen Robinson, MS, RDN LD LDN FADA FAND
11-11:45 Exhibits and Lunch and Learn
11:45-12:45 "Sanitation Savviness-Are you competent in the kitchen?" ISDH

12:45-1:45 "Managing Dysphagia in the Elderly" Teresa McClain, M.A., CCC-SLP
1:45-2 pm Break
2-3 pm "Nutrition Focused Physical Assessment: Making Clinical Connections" Mary D. Litchford PhD, RDN, LDN
3-4 pm "Continuation of: Nutrition Focused Physical Assessment: Making Clinical Connections" Mary D. Litchford PhD, RDN,LDN
4:15 pm Evaluations and Adjourn

Register online now:

https://secure100.telusys.net/tcsc-bin/sregdisplay?&ctid=8142535119220842&rtid=5281128474212152

Questions?
Call or Email-
Tracy Koontz, RD, CD
Indiana DHCC-Past Chair
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tracykoontz@centurylink.net

2016 Indiana Diet Manual – Looking for Experts!

The Indiana Academy is seeking volunteer leaders to serve as Authors/Reviewers for the Indiana Diet Manual. Every 5 years Indiana Academy Diet Manual Committee update our publication to provide the latest science based information for use in hospitals, long term care facilities, private practice and educational settings across the country. Many sections have already been reviewed and updated for our newest version, however some areas of practice are still in need of a second professional review and edits before publication.

The following areas are of greatest need:
Pediatric Nutrition
Parenteral/Enteral Nutrition
Renal Diets
Low Tyramine Diet
Caffeine Free Diet
Diverticulitis/GI Diets
Vegetarian Diets
Nutrition for Respiratory Conditions

If you have interest in reviewing and/or authoring for the Indiana Diet Manual, please reply to this email or contact: Olga Suchshinskaya, MS, RD, CD, olghietta@gmail.com, IN Diet Manual Chair

Authors and Reviewers receive a free copy of the Diet Manual and are credited for their contributions in the publication. Your service to this project is greatly appreciated. Thanks!

Recruiter seeking RDs for health screening events:

I represent a wellness company, Wellness Corporate Solutions. We have been in business almost a decade and host biometric screenings across the country. **Our model, and what has become our signature, is that we use only RDs as Health Educators for counseling participants after they receive their biometric screening** numbers. The goal is to encourage participants toward a healthier lifestyle and improvement in their numbers. I am looking for an RD to work events for us in Columbus, IN on select dates (one is Fri., Aug. 14, from 6am-4:30pm). These are long and early morning arrivals. If you are available and/or interested, please contact me any time!

Please visit our website to find out more about Wellness Corporate Solutions. We are a nationwide health and wellness company providing health screenings to companies in all 50 states. Our model is to use only RDs as our health educators to coach and counsel participants after they receive their biometric screening results. These results include: height and weight, cholesterol, blood glucose, blood pressure, body composition, waist circumference and BMI. The goal of each screening is to create awareness in each participant about ways they can improve their overall health and wellness. Your motivational interviewing techniques will be of utmost importance in the time you spend with each client. All materials will be provided at each event.

Also, we are in need of RD's for presentations. We host seminars and lunch 'n learns on a variety of topics including nutrition, fitness, and stress and sleep related issues.

Our pay rate for screenings is between $40 and $50 per hour based on experience. Seminars are at a flat rate that varies depending on the time involved in preparation and delivery.

If you would like to be part of our team, we ask that you register with *Shiftboard*, our online scheduler. To access *Shiftboard*, please visit, www.shiftboard.com/wellnesscorporatesolutions and click ***New Applicants*** to get started. We will need your contact information and a current resume. We will then conduct a brief phone interview, and you will be notified whenever we come to the teams that you have signed on for. You may sign up for several teams depending on your location.

Please contact Dana Gordon with any questions:
dgordon@wellnesscorporatesolutions.com, 301 229-7555 x112.

Dana M. Gordon | National Recruiter
Wellness Corporate Solutions, LLC
7617 Arlington Road, Bethesda, MD 20814; Phone: (301) 229-7555 ext.112 | Fax: (301) 229-7054

SIEAND Committee Members Needed!

Do you want to get more involved in SEIAND? We are looking for members interested in participating in the following positions:

Website Update: This position involves sending updates about meeting details, new member forms to Hanna Kelley, IAND Exec. Director, so it can be posted in a timely manner on our district page on the IAND site. Email Samantha if interested (SSchaeferHealth1@IUHealth.org)!

Awards & Scholarships Representative: This person will be responsible for announcing awards nominations deadlines to SEIAND members for IAND student scholarships and awards and honors (Recognized Young RD of the Year, Recognized Young Diet Tech of the Year, Emerging Dietetic Leader, Honored RD, Educator of the Year, etc.)

If you are interested in these positions (even if you are a student!...perfect for a resume!), please contact Rachel (rnoirot@indiana.edu) as soon as possible.

DID YOU KNOW? Serving as an elected officer of the Indiana Academy at the state level (other than Secretary or Delegate) provides you free registration to the Annual Spring meeting in Indy? If you have skills to share and have interest in serving, please let us know. Also, IABD board meetings are open to ANYONE, so let us know!

Save the dates

2016 Annual Day at the Statehouse
Tues., March 8

IAND Annual meeting
Wed. and Thurs., April 13-14, 2016….theme "Learn in, Live it, Share it!"

Public Policy Update:

PPW 2015: Four Indiana RDs attended the annual Public Policy workshop in D.C. in early June! They met with 8 different Senators and/or Representatives and their staff on Capital Hill. They provided info on important bills such as the Treat and Reduce Obesity Act and Older Americans Act and requested support / co-signing onto these bills.

Here is a recent update from Martha Rardin regarding HB1157, bill passed in Indiana allowing certified dietitians to independently write diet orders in hospital settings: Our Indiana Academy lobbyist reached out to IPLA (*Indiana Professional Licensing Agency*) to get movement on the rule making process. The Indiana State Dept. of Health is supportive of HB1157, so the next step is for them to rewrite their rule. It is to be addressed at the next ISDH board meeting. We touched base with the hospital association (hospital admin.) and state medical society to make sure they will not object at the board meeting, and our lobbyist also reached out to them to confirm their support. For now, we will monitor ISDH's rule changing process/encourage IPLA to get moving again. Just wanted to keep you in the loop!

Martha Rardin, MSM, RD, CD, FAND
Director, Nutrition and Dietetics – Hendricks's Regional Hospital

ACTION ALERTS REMAIN OPEN! As noted in the July 'Hoosier Dietitian', four action alerts are still open for Academy

members!! Take a minute to email your member of Congress. There is power in numbers! Take Action today! Here is a screen shot showing how simple it is!

Minutes from CEU and Officer Transition Meeting: Friday, May 29, 2015 in Brownstown, IN at Extension Office CEU

Thank you Lauren for hosting us! ….CEU Topic "Back to the Future of the Nutrition Facts Label" from the 2014 FNCE CD

	Members in attendance:Steven Lalevich, Crystal Olry, Rachel Noirot, Lauren Neuenschwander, Cheryl Fisher, Rachel Mateti, Rabia Ahmad, Andrea Elgin, Samantha Schaefer
Account Balance:	$2,680.00

Old Business:

Topic	**Responsible person(s)**	**Discussion Summary**	**Action Taken**	**Further Action Needed**	**Date needed or completed**
Treasurer report	Steven Lalevich	Budget reviewed, Membership dues to be collected and reminders through personal email,	Approved	Send reminders with Spotlight	
Strategic Plan	Rachel Noirot	Change all references to SEIDA to SEIAND, Continue to consider more varied locations for meetings	Locations suggested: Columbus, IN/ Oliver Winery. Set dates well in advance		Decide dates for the year before the first meeting

New Business:

Topic	**Responsible person(s)**	**Discussion Summary**	**Action Taken**	**Further Action Needed**	**Date needed or completed**
SEAND Board changes	Rachel Noirot	Newsletter editor, Webmaster needed as well as Public Policy and Hospitality position needed	Look for new membership for the next month or two. Encourage more student members	Student to complete Spotlight for now. will include new contact info for elected officers as well as membership form	Before September meeting
Indiana Diet Manual	Rachel Noirot	Indiana Diet Manual is up for review. Call for volunteers to help.			
Spring Meeting for IAND	Rachel Noirot	Silent Auction went well. Money to go to scholarships. Samantha Schaefer won RYDY!			
Possible 2015-2016 SEAND Meetings	Rachel Noirot	September: Oliver Winery	Contact Bobbi to see if she might share her research for PhD work	Plan Dec. cookie exchange/Open House to invite RDs who are not SEIAND members	

WHAT'S NEW IN NUTRITION?

The following summary of recent research was kindly submitted by ***Rabia Ahmad,*** recent dietetic intern from Ball State with Lauren Nuenschwander at Purdue Coop. Extension–Jackson County.

Intermittent Fasting

The prevalence of obesity has been increasing over the last several decades and it is directly associated with a number of chronic diseases, including heart disease, diabetes, and even certain types of cancers. Numerous diets, lifestyle adjustments, and medical treatments have been used as weight loss interventions; yet none have been universally successful.

Dr. Krista Varady, Associate Professor at the University of Illinois at Chicago (2015), has shifted her focus to the concept of intermittent fasting (IF), also known as alternating-day fasting (ADF). She believes this type of dieting can allow overweight patients to effectively lose weight and decrease cardiovascular risk. In one ADF study funded by the National Institute of Health (NIH) and American Heart Association (AHA), caloric intake was restricted to 400-500 calories for women and 500-600 calories for men on fasting days. Meals were consumed on fasting days between noon and 2PM, and participants were permitted to eat without restriction on alternating days. Though the study had about a 10% drop-out rate in the first 10 days of the experiment, those that remained lost 10–30 pounds within eight weeks. Participants did not report feeling hungry on fasting days. Additionally, study participants had additional health benefits; namely, LDL cholesterol levels were found to be reduced by 10-25% and blood pressure was lowered by 10% (Wisby, 2013).

In another study, Wisby (2013) compared two ADF diets. In one diet, 45% of caloric intake was from fat, while 25% of the calories in the second diet were from fat. Surprisingly, individuals in the higher-fat content ADF group lost more weight, an average of 17lbs, as compared to an average of 12-13lbs for those in the lower-fat ADF diet group. Participants of the former group were also less likely to cheat on fasting days (Wisby, 2013). Klempel et al., (2012), showed an IF with calorie restriction (CR)-liquid (IFCR-L) diet resulted in greater loss of body weight, 2.8±1.2 kg, when compared to 1.9±0.7 kg of weight lost IFCR-food based (IFCR-F) diet (P=0.04). The IFCR-L group also had a correspondingly greater decrease in fat mass (2.8±1.2 kg vs 1.9±0.7 kg, P<0.0001), visceral fat (0.7±0.5 kg vs 0.3±0.5 kg, respectively), total cholesterol (19±10% vs 8±3%, respectively), and LDL cholesterol (20±9% vs 7±4%, respectively). Moreover, only the IFCR-L group had a decrease in heart rate, glucose, insulin, and homocysteine levels (Klempel et al., 2012).

Dr. Varady states that this form of fasting, with a slight modification, can also be used for weight maintenance. Caloric intake should be restricted to 1000 calories on fasting days instead of the 500 calorie restriction used for weight loss. Though the intermittent fasting diet is safe for most people, it should be avoided by those with chronic stress, cortisol dysregulation, pregnant individuals, and nursing mothers. Dr. Varady advises individuals with hypoglycemia or DM should proceed with caution. Lastly, participants of the ADF method can exercise on days of fasting, but activity should be completed before the fast-day meal to help prevent cheating/exceeding calorie goal (Mercola, 2014).

> *"I did a massive literature search and I found out that [skipping breakfast] is actually not that bad for you. You just have to look at who's funding the studies… Other things*

> *I definitely advocate with this diet, to make it easier, are drinking tons of fluids, particularly on your fast day. Try to consume protein on that day. It helps with satiety. It really depends on what your body size is but maybe 30 to 40 grams of protein…I usually recommend a salad with some type of protein, like chicken. If you're vegetarian, use beans or that type.". The great thing is you don't have to count calories every other day. Every other day, you really get to kind of feel normal. A lot of people say that they actually have healthier cravings on the fast day. It's really interesting. The body's kind of like resetting itself." ~ Dr. Varady*

Dr. Varady, received grants from the NIH and AHA to develop and evaluate a diet and exercise regimen to decrease cardiovascular disease and encourage weight loss in humans. She is also examining effects of diet and exercise in adipose tissue and cardio protection, as well as, investigation behavioral factors that influence adherence to dietary restrictions (University of IL at Chicago, 2015). Further research is required before advising patients to adhere to the diet.

University of Illinois at Chicago. (2015). Faculty & Research/Faculty Profiles: Varady, Krista. Retrieved form http://www.ahs.uic.edu/facultyresearch/profiles/name,2052,en.html

Wisby, G. (2013, February 5). Krista Varady Weighs in on How to Drop Pounds. Retrieved from http://news.uic.edu/krista-varady-weighs-in-on-how-to-drop-pounds-fast

Klempel, M. C., Kroeger, C. M., Bhutani, S., Trepanowski, J. F., & Varady, K. A. (2012). Intermittent fasting combined with calorie restriction is effective for weight loss and cardio-protection in obese women. *Nutrition Journal*, *11*98. doi:10.1186/1475-2891-11-98

Mercola, J. (2014, June 8). Dr. Mercola Interviews Dr. Varady About Fasting. Retrieved from https://www.youtube.com/watch?v=gzkVmXe9

Recipe Corner: one of many yummy recipes from 'The Pajama Chef': http://thepajamachef.com/recipes/
(This is the blog of one of Rachel Noirot's friends, Sarah Kiel – currently living in Nashville, TN)

Mango Chicken Curry

Servings: 4 **Time:** 60 minutes

very very slight adaptations from Simply Recipes

Ingredients:

- 3 tablespoons+ canola oil
- 1/2 cup chopped onion
- 2/3 red bell pepper, chopped
- 2 garlic cloves, minced
- 1 tablespoon ginger
- 2 tablespoons yellow curry powder
- 1/2 teaspoon ground cumin
- 2 mangoes, peeled & diced
- 2 tablespoons white vinegar
- 1 1/4 cup water
- 1 pound skinless boneless chicken breasts, cut into 1-inch pieces
- 1/2 cup coconut milk

Directions

Heat 2 tablespoons oil in a large saucepan over medium heat, then cook onions in pan until soft and browned, about 5-6 minutes. Add a dash more oil along with the red bell pepper and sauté for 2-3 minutes. Add curry powder, cumin, and ginger, and cook for 2 minutes more. The oil will be absorbed by the spices, so add a dash more oil as needed. Throw garlic in the pan and cook for an additional minute or two, until the garlic begins to cook through. Then, add 3/4 cup mango, vinegar, and water to the pan. Bring to a boil, and then simmer for 15 minutes, constantly stirring. Remove pan from heat and allow to cool for about 15 minutes.

[The recipe can be made until this point the night before, or earlier in the day before you plan to serve this dish. Be sure to do this if you don't have time to wait for the sauce to cool- a hot liquid in a blender/food processor can be disastrous, not to mention dangerous!]

Once sauce has cooled substantially, spoon into a food processor and blend until smooth about 2 minutes. Return to pan.

Add chicken to sauce, and simmer, covered, until cooked. This should take between 10-15 minutes. Be sure to check the largest piece of chicken for doneness.

Add the rest of the mango to the pan, along with the coconut milk. Cook until heated through, and serve with rice.

Notes:

There are additional suggestions with the original recipe that I did not try, such as adding extra vinegar at the end if it is too sweet, or adding sugar if it is not sweet enough. I did add about 1/8 cup of extra coconut milk to make it creamier. Feel free to adjust the seasonings depending on the level of spice or garnish with cilantro, salt, and pepper to taste. I think this could have been even better if I had marinated the chicken beforehand, but it was still good.

Southeast Indiana Academy of Nutrition & Dietetics Membership Form

for membership year June 1, 2015 – May 31, 2016

Name _____

Academy of Nutrition & Dietetics **Member #**_____ Certified Dietitian (CD) in Indiana? ____Yes _____ No

Mailing Address_____

Phone_____ Email * _____@_____

Place of Employment (if RD) _____

Job Title_____

*The newsletter, *Spotlight,* is distributed via email. If you do not have email, please indicate and a hard copy will be mailed!

COMMITTEE(S) ON WHICH YOU WOULD LIKE TO SERVE (students welcome!):

❑ Newsletter (share recipes, write member spotlights, recaps on nutrition events, i.e. FNCE, or other nutrition topics you'd like to share)

❑ Hospitality (brings refreshments to meetings/events)

❑ Membership (communicate with RDs/students to encourage new/renewed memberships and involvement)

MEMBERSHIP CATEGORY

Late fee of $5 will be waived until October 2015 per exec. board! Students exempt from late fee. Make checks payable to **SEIAND**

❑ Active (current Academy Member), $15

❑ Retired / Students, FREE (since not sending dues, just email form to: slalevic@indiana.edu)

Let us know your ideas for programs this year. Thanks!

I would like to see a program on the following: _____

I suggest the following speaker / location for a future meeting: _____

I would like to present on the following topic at a future meeting: _____

I prefer the following time / days of the week for meetings: _____

Event or idea you have done for Nat. Nutr. Month or RD Day: _____

Mail form and dues to:

TREASURER

Steven Lalevich, RD

4200 N Baugh Rd

Bloomington, IN 47408

I give SEIAND permission to include my membership information, as submitted on this form, in the current year's membership directory. Please indicate your desire below.

_____Accept _____Decline