

SEIAND Spotlight

August 2019

President's Message

Jessie Wong, MAcc, RDN, LD

Greetings SEIAND Dietitians!

Thank you for the honor to serve you as the 2019 – 2020 district president. My gratitude extends to all members and especially to each member that takes a leadership position to serve our community. At the moment, we are still looking to fill the **Nominating Committee Chair's** position. Please let us know if you are interested!

Through Patti's leadership last year, we had excellent programs and record turnouts. We will continue to focus on providing quality programs this year. We also want to invite everyone, **members or non-members**, to join us at our social gatherings that will happen this year. Please review the post-card for event dates! **Mark your calendar!** Follow us on a new **Facebook Group** for all dietitians in the region to stay up-to-date on our events: **Southern Indiana Dietitians**. This is a support group for all dietitians in the region.

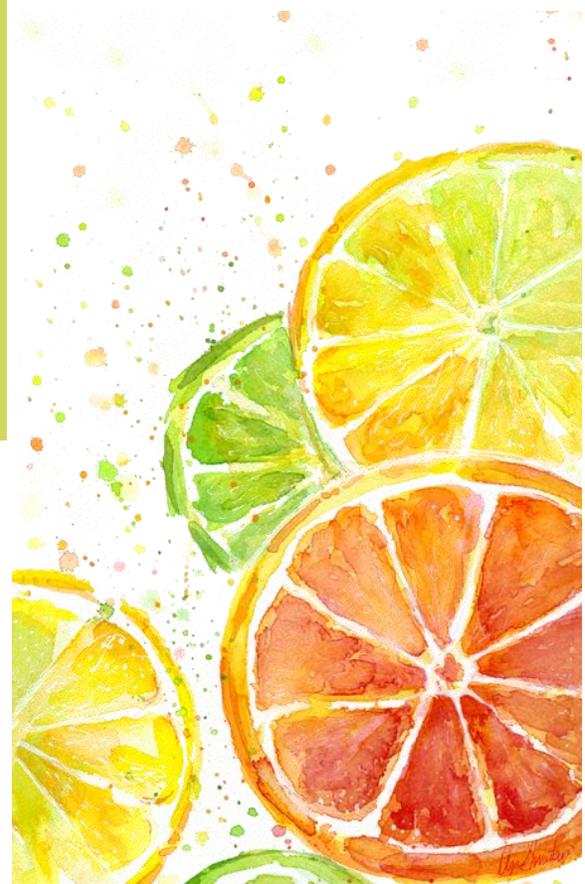
As we battle record temperatures in Indiana and around the world, do you ever wonder what we can do as dietitians to combat global warming and save endangered animals? You may be in for a surprise how much we can do!

We will kick off our program this year with **Zero-Waste Kitchen by Professor Nicola Pohl** of Indiana University's Chemistry Department in September. Imagine if 7.5 billion people produce one less piece of trash every day; what impact can we make? Waste-reduction is always in the back of our heads. This is a great chance to learn and implement better waste-reduction skills to save our world and improve the quality of life of future generations. We shall all smile the next time we see a sea turtle swimming freely in the ocean without a straw stuck in its nose and know that we contributed to its survival.

Need to renew your membership?

See the last page for the 2019-20 registration form. SEIAND is doing exciting things this year; you won't want to miss out!

Or become a member today at <https://tinyurl.com/SEIAND>



IN THIS ISSUE

President's Message	1
Upcoming Events	2
Licensure for Indiana	2
2019-20 Officers	3
SEIAND Leads the Way	3
50-Year Member: Kurt Kahl	3
May Meeting Recap	4
Year in Review	4
SEIAND Membership Form	5



President's Message

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Then we will have a panel of dietitians to discuss **The Dynamic Careers of Dietitians**, from sports, clinical, food service, to corporate wellness. We are set to cover all grounds of the ever-expanding career choices for dietitians.

In March, our member, Victoria Getty, Director of the Nutrition and Dietetics Program at Indiana University will talk about **Wildlife Habitat and Edible Landscaping**. What we can do to protect the nature in our own backyard. This meeting will be held in Nashville and will include a 30-minute tour to Vicky's newly built environmental friendly house and garden in Brown County.

Last, but not least is our May meeting where we will focus on eating disorders. Amanda Boyer of Whole Hearted Nutrition and Jill Clodfelter-Mason of Cultivating Joy Nutrition will demonstrate how they help clients return to **Intuitive Eating** while practicing from the **Health at Every Size paradigm (HAES)**.

This will be another exciting year for SEIAND. Please join us at member meetings for your 6 CEUs. Feel free to bring family and friends to mingle at our Brown County hikes and social gatherings, too!

In health,
Jessie Wong, MAcc, RDN, LD
SEIAND President



Join Us for Our Next Event!

SEIAND Member Meeting
Zero Waste & RDN Careers
September 11, 2019; 5:00pm
Bloomingfoods East Patio Rm

SEIAND Outing
Fall Family Hike
October 20, 2019; 2:00pm
Brown County State Park

The Wait is Over!

On July 1st, Indiana Dietitian Certification transitioned to Licensure following 25 years of public policy advocacy!

The Indiana Dietitians Certification Board has been dissolved, with oversight transferring to the Medical Licensing Board of Indiana. Current certificate holders are grandfathered into licensure upon renewal of certification. Those who were certified can officially begin using the "LD" credential.

If you were not already certified, now is a great time to become licensed! Applications can be completed at www.in.gov/pla/2412

Stay tuned for a **FREE** webinar from the IAND Policy Initiative Team that will delve into the intricacies of licensure and provide a CEU in August.



2019 - 2020 District Officers

PRESIDENT	Jessie Wong, MAcc, RDN, LD
PAST-PRESIDENT	Patricia Wade, RD, LD
PRESIDENT-ELECT	Shelby Drake, RD, LD
SECRETARY	Amanda Boyer, MS, RD, LD, CPT
TREASURER	Amber Smith, RD, LD
NOMINATING COMMITTEE- CHAIR	vacant
NOMINATING COMMITTEE	Bethany Daugherty MS, RDN, LD
NOMINATING COMMITTEE	Yu-Han Huang, MS, RD, LD
PUBLIC POLICY CHAIR	Samantha Schaefer, MS, RD, LD, FAND
SCHOLARSHIP CHAIR	Rachel Noirot, MS, RD, LD
NEWSLETTER EDITOR	Stacey Townsend, MS, RD

SEIAND Leads the Way!

Many familiar SEIAND faces are serving on the Indiana Academy board. Being involved with the state affiliate is a rewarding experience and a great way to network with RDNs across the state! If you are interested in becoming more involved, reach out today and ask how to get started!

SEIAND Members Serving on the 2019-20 IAND Executive Board

President	Samantha Schaefer, MS, RD, LD, FAND
Secretary	Amanda Boyer, MS, RDN, LD, CPT
Treasurer	Stacey Townsend, MS, RD
Council on Professional Issues (CPI)	Yu-Han Huang, MS, RD, LD
CPI-Elect	Katie Shepherd, MS, RDN, LD
Historian	Brenda Richardson MA, RD, LD, FAND

50-Year Member

SEIAND is very proud to celebrate a special milestone for one of our own. This past year marked 50 years of Academy membership for Kurt Kahl. Kurt was honored during the awards gala at the IAND Spring Meeting in Anderson this past April.

May Meeting in Review

On May 24th, members met in Seymour on the Schneck Medical Center campus for fun, fellowship, and two hours of continuing education.

Our first speaker was Natalie Donner, a registered dietitian with Columbus Regional Health. Natalie plays a key role in cardiac rehabilitation, and has had extensive training in the Pritikin Program, which involves nutrition, exercise, and a healthy mindset. Through her work, Natalie has found that patients who participate in cooking demonstrations, and rate recipes high in taste and ease of preparation, are more likely to cook at home and follow a diet.

During the session, Natalie prepared tomato basil soup and tuna salad wraps for us to sample. Throughout the demonstration she shared heart healthy tips such checking the nutrition label for a 1:1 ratio of calories to sodium when grocery shopping, and using apple juice concentrate to caramelize vegetables and add sweetness to a dish.



Next up was Richard Beckort, a Purdue Extension Educator from Jackson County. Richard shared many tips for home gardening from the farm to the fork. He reviewed gardening for exercise and provided tips for stretching before beginning your work. He also suggested specialized, ergonomic tools which can limit physical strain and help anyone garden with ease.

We spent some time focusing on growing and utilizing herbs. Richard emphasized that herb gardens should be fertilized regularly since harvesting the plant for use takes a great deal of its energy.

During our business meeting, 2018-19 officers were recognized and appreciated:

- President- Patti Wade, RD, LD
- Scholarship Chair- Rachel Noirot, MS, RD, LD
- Public Policy Chair- Samantha Schaefer, MS, RD, LD, FAND
- Treasurer- Katie Shepherd, MS, RDN, LD
- President-Elect- Jessie Wong, MA, RD, LD
- Secretary- Amanda Boyer, MS, RD, LD, CPT



What did you miss last year?

September 2018

Topics in Eating Disorders

Led by renowned professor, Ron Thompson, and a panel of RDNs
Pitch-In Taco Buffet and 2 CEUs!

March 2019

Opportunities in Social Media

Tips and tricks for putting your best self forward from Cara Harbstreet and a panel of RDNs
Big Woods Pizza and 2 CEUs!

May 2019

Fixing it Fresh!

Heart healthy cooking demo and gardening tips (see above).
Tasty samples and 2 CEUs!
Family hike in Brown County