



President's Fall Greetings

Dear PDA Members,

It is unbelievable how quickly the past few months have passed us by. At the outset of this membership year in June, our Board had set ambitious goals in planning our calendar for you: 1) first and foremost, to provide you with increased membership benefits, 2) to offer education to you in public health policy, and 3) to continue our outreach efforts as an organization. At the halfway point in the membership year, I am proud to report that PDA is well on its way to meeting all of these objectives.



To meet our third and final goal, PDA held its biannual *Student Career Panel* on Drexel University campus in October. With the help of five RD panelists who volunteered their time, students in attendance were able to gain valuable insight from experiences shared by dietitians working in retail, clinical, geriatrics, and sports nutrition. If you would like to share your own experience and volunteer as a panelist, our next Student Career Panel will be held at West Chester University in the Spring of next year. Our Career Guidance Coordinator, Anita Anim, would be happy to hear from you at aanim1890@gmail.com.

True to our first goal and as promised, we held our very first Membership Giveback Event in August. Despite the unexpected 90-degree weather, *Drinks on Deck* at the Seaport Museum had a resoundingly positive response in membership turnout and was an inspiring kick-off event that truly speaks to the bond that all of us share as fellow PDA members. In September, PDA broke the mold as the first district in PA to offer online Continuing Education programs to its members. We provided this program in addition to our regular biannual CE Program offered in early November. Participants learned much about telehealth and online nutrition platforms, programs and tools via the WebEx program entitled *Nutrition Technology for a 21st Century Practice*.

With regards to our second goal, we then held our organization's first ever *Public Policy Ambassador Program* meeting at West Chester University in late October. The need-driven purpose of this program is for dietitians to become more involved and visible to those who represent us in government and to build a collective voice as a profession. This pilot program was a definite success in meeting its objectives and we plan to continue our efforts in public policy education. As an increasing portion of our membership becomes more interested in this arena, PDA will be ready and available to provide guidance. Please contact Shawna Bayerman, our Public Policy Chair, at shawna.bayerman@gmail.com for more information.

Finally, over 40 participants attended our Fall CE Program at Giant Food Stores in Willow Grove. The ever-timely theme, *All About Food Fads and Trends*, and our notable panel of speakers produced a very successful turnout and we look forward to returning to this location for future events. If you have ideas for convenient locations throughout the five counties that PDA serves, we would be delighted to hear your suggestions. Please contact Colleen Tewksbury, our President-Elect, at cmtewksbury@gmail.com.

Moving ahead, we are excited to invite you to our upcoming events, listed on page 2 of this newsletter. We hope that PDA has thus far served you well in this membership year. We are aware that the success of each of our events, and of our organization as a whole, is due to your support and participation. As we look forward to achieving even more, please continue to freely share your opinions, suggestions and concerns with us.

Looking forward,
Jennifer Lai

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PAND Award Nominations

The Philadelphia Dietetic Association (PDA) is seeking your nominations for qualified award recipients for the 2016-2017 year. Simply review the following available awards and email the form to Elizabeth.Smith5@uphs.upenn.edu.

The most qualified candidate with the greatest nominations will be sponsored by PDA as an applicant to enter the Pennsylvania Academy of Nutrition and Dietetics (PAND) ballot. Applying with the sponsorship and support of your district PDA may increase your chances of winning these state awards/scholarships. Winners will be announced at the PAND spring meeting! To be recognized on a professional level is a great honor (and resume booster!)- so hurry and submit those nominations!

Available upcoming awards include:

The Outstanding Dietitian Award:

The highest honor bestowed upon a member of the Pennsylvania Academy of Nutrition and Dietetics; Recognizes a Pennsylvania dietitian whose leadership and service is exemplary and whose contributions to the PAND and the public have been longstanding and exceptional.

The Keystone Award:

Recognizes Pennsylvania dietitians who through their leadership abilities have demonstrated outstanding professional standards to serve and advance the aims of the PAND.

The Recognized Dietetic Technician of the Year Award:

Honors the contributions of the diet technicians to the profession. Award recipients have demonstrated leadership qualities and performances in clinical nutrition, food service management, education, career guidance, legislation, and public relations within the association or their employment.

The Emerging Dietetic Leader Award:

Recognizes the activities and competence of dietitians regardless of their age, who have made distinctive contributions early in their career to the Academy.

The Outstanding Dietetics Student Award:

Recognizes emerging leadership and achievement of students enrolled in AND-accredited and approved dietetics education programs and encourages participation in the Academy.

SAVE THE DATES

PDA Membership and Networking Event

Come join us for our Quarterly Members Event!
December 7th 2016
5pm - 7 pm

320 Market Café
211 W. State Street,
Media, PA 19063



PDA Outreach Event

In the spirit of holiday giving and outreach, PDA will hold a "Healthy Eating Workshop" for the participants of the Outreach House at St. James Episcopal Church in Collegeville.

The date and time is December 3 from 9 am to 12 pm.

We are in need of a few more dietitians willing to volunteer their time to provide one-on-one counseling to make this event a success. Please contact Jenn at jwl.pitt@gmail.com

Pennsylvania Academy of Nutrition and Dietetics Annual Meeting and Exhibition

Mark your calendars for the 2017 Pennsylvania Academy of Nutrition and Dietetics Annual Meeting and Exhibition

Where: Crowne Plaza, King of Prussia, PA

When: Friday April 21st to Sunday April 23rd

For additional information or questions, please contact one of the 2017 AME Co-chairs:

Shawna Bayerman shawnabayerman@gmail.com

Patricia Davidson pdavidson@wcupa.edu

Brigid Neary btneary@gmail.com

Stay tuned for details regarding registration early next year.

Delegate Report

Susan E. Adams MS, RD, LDN, FAND, Chair of Delegates, representing Philadelphia and the Lehigh Valley

The Academy's HOD is busy gearing up for a productive fall 2016 meeting on October 13-15 in Boston, MA right before FNCE. The first day will include leadership training entitled "Appreciative Inquiry" and the second day will cover the mega-topic of "Prevention and Wellness". I will keep you all informed of this important work. **In order to represent you all, please respond to any Constant Contact/Survey Monkey questions that come your way in the next month. We are asking everyone their opinions concerning aspects of "Prevention & Wellness."**

I am sure you have heard the good news by now that our State of Pennsylvania membership is growing and we have qualified for an additional delegate! We now have three delegates that represent Pennsylvania HOD.

Additional Academy news:

As the Academy embarks on its 100th anniversary in 2017, the organization is taking this moment to chart a new vision for the future – a Second Century built with an extraordinary commitment to collaboration, a focus on service and an emphasis on accelerating the progress toward solving the greatest food and nutrition challenges of our time. Thus, creating a world where people and communities flourish because of the transformational power of food and nutrition. Now is the perfect opportunity to learn more about the Academy's history and the history of the profession through past *Journal* articles including "History Snapshot: Dietetics Student Experience in the 1940s" or Academy publications *Carry the Flame* and *The First Fifty*.

The Accreditation Council for Education in Nutrition and Dietetics (ACEND®) is pleased to announce the release of the **2017 Accreditation Standards**. The standards and crosswalks of the 2017 standards with the 2012 standards are posted on the [ACEND Website](#). Guidance information for interpreting the standards and templates for reports are being finalized and will be released within the next few weeks. ACEND thanks all who participated in surveys and provided input throughout the development of the standards. Any questions on the new standards can be sent to: acend@eatright.org or call 312-899-4872, so we can respond to them. Future editions of the monthly update will include these questions and an ACEND response.

The House Leadership Team has requested that each delegate identify several "key informants" to assist us when we have specific needs or questions about various

areas of practice in dietetics. Therefore, I am reaching out to the PDA membership and asking if there are any members that would like to act as "key advising informants" for me

during this year. I will keep your name and contact information and call of you for information when needed. If you can help me out, please contact me using my contact information found at the end of this article.



As published in the July 20th *Eat Right Weekly* "Food Technology Initiatives", Congress just passed legislation requiring the government "to establish a national disclosure standard for bioengineered foods and for other purposes." The White House says President Obama will sign the bill, which would pre-empt a Vermont law that took effect this month. The bill directs the USDA to create a national labeling standard that allows food producers to choose how they want to disclose the presence of genetically modified ingredients. Manufacturers will be able to use text, symbols or a QR code that consumers must scan with a smartphone to relay the information. Currently, two active Academy initiatives related to food technology are underway:

A manuscript describing the EAL systematic review titled "Advanced Technology of Food Production" (currently [available on the EAL](#)). Its results will be submitted for publication in the fall to the *Journal*. A white paper discussing genetically modified foods within the food supply will be submitted for publication upon completion.

Updates on the Membership Sponsorship Review Committee's work will be shared with Academy members on: www.eatright.org/transparency

For more information or assistance please feel free to contact me. Susan Adams, MS, RD, LDN, FAND (seadams@lasalle.edu)

Drinks on Deck: A Summer Membership Event in Philadelphia



Philadelphia area dietitians gathered on August 11th to attend PDA's Annual Members' Event, "Drinks on Deck". The event was hosted at Independence Seaport Museum right along the Delaware River. Everyone enjoyed a complimentary drink while meeting new members and catching up with old ones.



Danielle earned her BS degree from Florida State University in Accounting. After deciding on a career change, Danielle studied Nutrition at the University of Alabama where she is currently obtaining an MS degree in Human Nutrition. She completed her Dietetic Internship with Sodexo at Virtua Health systems in New Jersey.

Prior to joining ShopRite, Danielle worked with the Food Bank of South Jersey's Healthy Living Initiative program. Here she educated individuals on building healthful meals using the products provided. Most recently, Danielle has been working in the hospital setting as a Clinical Dietitian at the level one trauma center Penn Presbyterian Medical Center.

Originally from Florida, Danielle spends her spare time biking, hiking, time at the beach, and sporting events. She also enjoys spending time in the kitchen trying and developing new recipes or experimenting with new ingredients.

FitBit Winner

PDA held a membership drive during Spring 2016. Everyone who became a new member or renewed his or her membership for the 2016-2017 membership year was entered into a raffle to win a FitBit. The lucky winner was dietitian, Danielle Sanislow!

Danielle Sanislow, RD, retail dietitian at ShopRite in Philadelphia, PA, works with customers to educate them about making healthy food choices while encouraging them to meet their wellness goals. At ShopRite, she conducts individual nutrition counseling sessions, shares delicious recipes, and tips on leading a nutritious lifestyle.

Student Section: If you would like to contribute to the student section, e-mail Danielle at dhuffcampbell@gmail.com

The Dietetic Internship Experience

Katherine Barbeck is a recent graduate from LaSalle University's Coordinated Program in Dietetics. She is currently preparing to take the RD exam and transition into a career as a Clinical Dietitian.



The night before my first day as a Dietetic Intern consisted of organizing and reorganizing all of my clinical resources, ironing my lab coat so that it looked as professional as possible, frantically flipping through all of my Medical Nutrition Therapy notes,

and reassuring myself of every life decision that led me to choose this career path. (That's normal, right?) The next morning I prepared myself a balanced breakfast that would make any dietitian proud and headed out the door to start the next 1200 hours of my life as an intern. I can remember beginning my dietetic internship thinking how daunting 1200 hours sounded. Now I sit here with those 1200 hours behind me, writing this article surrounded by RD exam study materials thinking, "How did that happen so quickly?" Looking back, I have gained so much more knowledge and experience than I ever imagined during the dietetic internship. I also think of all of the things I wish I had known going into the dietetic internship, which I have decided to share for future dietetic interns.

1. *You are not expected to know everything on your first day.* No one will judge you for not knowing the answer, I promise! The dietetic internship is meant to be a learning experience, and your preceptors want to help you learn. Ask questions, even if you *think* you might already know the answer. Asking educated questions and taking notes are defining characteristics of an eager to learn dietetic intern.
2. *There is more than one approach to solving a nutrition-related problem.* Different dietitians have different ways of doing things, whether it be documenting in the medical record or

prioritizing tasks. It is important to understand that there is not one specific way to go through the nutrition care process. The great thing about learning from different dietitians is seeing different approaches and deciding which approaches work for you as well.

3. *Participate in interdisciplinary communication as much as possible.* Don't be shy to talk with other members of the healthcare team or professions from other departments in the facility that may interact with the nutrition department. The dietetic internship is the beginning of your professional career. Take advantage of learning more about other professions and how they interact with your own.
4. *Be open to all areas of dietetics, regardless of your preconceived interests.* I went into my dietetic internship knowing I wanted to be a clinical dietitian, yet my foodservice rotation was the most fun I have had during my entire experience. Be present and eager to apply your strengths for every hour of your internship. Every rotation is valuable in preparing you for the RD exam as well as developing you as a well-rounded dietitian.
5. *Always stay in contact with your preceptors.* Networking is your new favorite thing to do! (Besides studying, of course.) Your preceptors want you to succeed, and by keeping in touch with them they can serve as valuable resources in transitioning into a career as a dietitian.

Student Life

Michele DiCristofaro is a graduate student at Immaculata University

Whether you are a current RD, future RD or in the nutrition field in some other capacity, everyone has had to juggle several responsibilities while learning their craft. I earned my undergraduate degree in 1993 in business and worked in corporate America for over 20 years before deciding that I wanted to explore the ever-evolving world of Nutrition and Dietetics. I proudly call myself a "career changer". But no matter how old you are, and whether you are completing your undergrad

education, starting grad school or working towards a specific certification program, the biggest obstacle for any adult student is balancing school and home life. This includes (but is not limited to) family, work or both. I did not overcome obstacles on my own; I needed the help of my husband and son.

We all know that being a student in nutrition and dietetics is not just attending school - it is also about getting experience! Volunteering at a community center, shadowing a clinical RD, working in food service, presenting nutrition education programs to students - the experiences and possibilities are endless. As students we feel like we can never do enough to prepare for an internship program. Trying to take advantage of all these experiences, working part-time and going to school made it a challenge to take care of my family. In order to make all this happen, my husband and I worked together to take care of our son and share household duties. We have even enlisted help from friends and neighbors to take care of my son if we cannot be home for him. For more quality time, we do homework together! Another bonus-he has taken on a few extra chores himself!

Every nutrition student has their own challenges and responsibilities and I think we all know it is about BALANCE. Acquiring better time-management skills, knowing when to ask for help and knowing when to say "NO" are ways to make this experience even more rewarding. Being a wife and mom while going back to school is definitely hard in different ways (mommy guilt!), but knowing that working in a field where nutritionists and dietitians are needed now more than ever will lead to a better future for me and my family.

Fall Produce to Go

Dana Curley is a graduate student at Immaculata University

My husband and I love salads in a jar. He brings his to work where his coworkers ooh and aah over his healthy, colorful lunch. I love that a nutritious, gourmet meal is waiting for me in the fridge with zero prep time involved during the busy weekday. Sure, they are trendy; but also ingenious in their simplicity. It doesn't take any more time to make 6 salads as it does to make one. Plus, the quart-size mason jars we use are reusable

and even recyclable if the time ever comes.

Fall vegetables are perfect for jarred salads. I like to start with a home-made vinaigrette, followed by a roasted vegetable: beets, butternut, kambocha, and acorn squash are sweet, vibrant and hold up well. All are excellent sources of vitamin A. Next up is a cruciferous vegetable. Wondering what to do with that cheddar Romanesco cauliflower? Or that giant head of broccoli? Put it on display in your salad.

As you assemble your salad, the majority of the ingredients will fill one third to one half of the jar: the rest of that space is for your greens. They stay crisp and fresh far away from that dressing. When it is time to eat, invert the jar in a bowl and give the jar a good shake. Your salad would work in the old Tupperware container, too, but I find that the layering of the ingredients quarantines the vegetables and maintains their unique flavors and colors. No purple goat cheese, please!

Autumn Salad in a Jar

Serves 6

Ingredients:

Vinaigrette

1 Tablespoon Dijon

3 Tablespoons white wine vinegar

1 teaspoon honey

4 Tablespoons extra virgin olive oil

1 Tablespoon herbs de Provence or thyme leaves

Black pepper, to taste

Salad

3 medium beets, roasted and cubed

2 cups cooked kidney beans

3 cups Romanesco cauliflower or broccoli, cut into small florets

4 oz goat cheese

10 cups salad greens, spinach, or kale

¼ cup chopped parsley

Method

To roast beets, preheat oven to 400°. Remove greens and scrub beets. Wrap clean beets together in aluminum foil on a baking sheet. Bake for one hour or until tender. Allow beets to cool at room temperature. When cool enough to handle, slice ends off beets and slip them out of their skins.

Whisk vinaigrette ingredients in small bowl. Pour 1.5 tablespoons of dressing into clean, empty jars.

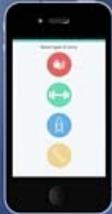
Divide beets and next 5 ingredients into jars. Replace lid and refrigerate for up to four days.





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