



## President's Spring Greetings

Happy Spring PDA Members!

I hope that you are enjoying the beautiful weather that is upon us as much as I am! The past three months have been very active ones for PDA involvement with great turnout from our body of membership!

On February 3 we set up shop at Representative Donna Bullock's Health Fair, which was held at the James Blaine Elementary School in Philadelphia. PDA provided nutrition education and handouts to elementary school students, faculty, and community members. The event was appreciated by all who attended and we were happy to be invited by Representative Bullock to partake in this important community outreach. Two days following this event, we held our first CEU event of the New Year. We welcomed our guest speaker, Dr. William Woys Weaver and his captivating lecture on heirloom foods and saving ancient seeds. I would like to personally thank Marda Heuman for so kindly providing us with the perfect setting for this event, held at Wegmans in King of Prussia. The event was well attended with over 50 attendees who enjoyed the program, conversation, and delicious refreshments.

On March 9, 2016, PDA received an official proclamation from the Mayor of Philadelphia, Mayor Jim Kenney, declaring this day as RDN Day. What an honor to have received this recognition from our new mayor and a most impressive print copy of the mayoral document. How wonderful to know that Philadelphia "pheels" the love for dietitians!

Most recently, we held our three-hour Gut Health CEU event. The event was held on March 30 at Drexel University's School of Hospitality and Sport Management. The program kicked off with the presentation of our \$500 PDA student scholarship to our 2015-2016 student scholarship recipient, Tonya



Haderthauer. Congratulations, Tonya! The event then consisted of three very interesting topics, presentations, and tastings. Over 45 members attended and enjoyed the interactive program and the delicious spread of food that was catered by Drexel's culinary students. Read more about the event in the body of this newsletter.

Lastly, I would like to invite you to join us for our next fun social membership and networking event. Get ready to have some fun as we put on our creative hats for a paint

night! The paint night event will be held on April 20 from 6-9PM at Painting with a Twist in Jenkintown. We will try our hand at painting a lovely meyer lemon piece of art that is sure to dress up the walls of your kitchen or office alike! You can find more information about this event within the newsletter or on our website.

And as always, I warmly welcome you to contact me with your ideas, inquiries, comments, and concerns because at PDA we want to serve YOU!

I look very forward to seeing you at one of our next events!

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## Delegate Report

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

Delegate Report by Susan E. Adams, MS, RD, LDN, FAND, Delegate-elect to the Academy of Nutrition and Dietetics House of Delegates, representing Philadelphia and the Lehigh Valley.

The House of Delegates will meet virtually on Saturday April 30<sup>th</sup> and Sunday May 1<sup>st</sup>. Topics will include discussing the future of the profession of dietetics in the next century (remember the Academy is 100 years old in 2017 and therefore we will be discussing the next 100 years). On day 2, the HOD will explore digital health and technology, focusing on how we can transform all areas of dietetics practice by being at the cutting edge in these evolving areas.

We know that RDs/RDNs/DTRs are adopters of technology but we would like to understand how we can become innovators of technology and drive our profession into the future.

I could use your help. Do you know any RDs/RDNs/DTRs (or you yourself) that are using technology in innovative ways? I would love to hear how you are using technology or inventing technology to help your patients and clients live healthier lives.

Last spring HOD discussed the issue of Academy's use of sponsorships (you all may remember this controversial subject). An update on this topic is that the Sponsorship Advisory Task Force (SATF) report guidelines were accepted by the Academy BOD. The Academy Board of Directors approved the newly revised sponsorship guidelines, which take effect immediately for all Academy organizational units. Dietetic Practice Groups and Member Interest Groups will be required to adhere to these guidelines and Affiliates are encouraged to adopt them. A one-year pilot program including appointing a Sponsorship Committee to review national-level sponsor opportunities and to develop assessment tools that will support the sponsorship process is in progress.

Finally, an updated toolkit is now available! RDNs in the New Primary Care: A Toolkit for Successful Integration is available for free to members from the Academy store.

As always, if you have any concerns, or questions please feel free to contact me at [seadams@rcn.com](mailto:seadams@rcn.com)

## Join PDA for Paint Night 2016

Join us at *Painting with a Twist* for a night of networking, food, drinks, and fun.....no artistic ability needed!

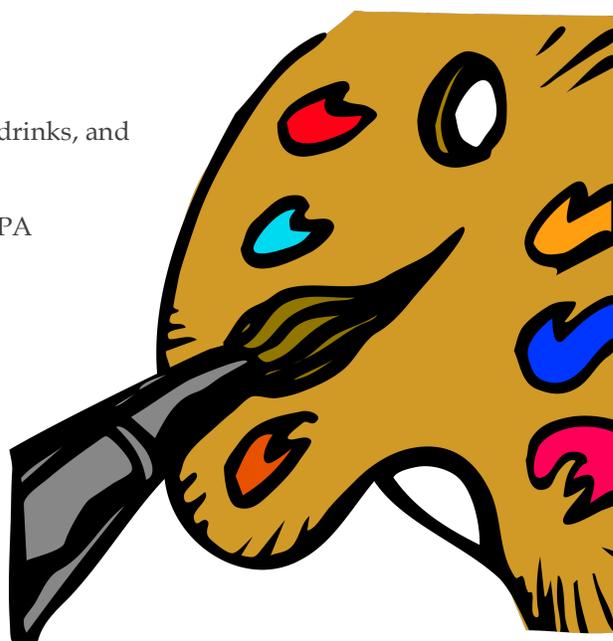
Where: Painting with a Twist, 209 Leedom Street, Jenkintown, PA

When: Wednesday, April 20<sup>th</sup>, 6-9 PM

Cost: \$35

Happy hour begins at 6pm and painting begins at 6:30.

Visit [www.eatrightphiladelphia.org/event.cfm](http://www.eatrightphiladelphia.org/event.cfm) to register.



## Volunteers Needed for the PAND 2017 AME

The 2017 PAND Annual Meeting and Exhibition will be held in Philadelphia and the AME planning committee is looking for volunteers to join their team. Open AME Committee positions include:

- Exhibits and Sponsorship Co-Chair
- Secretary
- Publications and Registration Chair
- Webmaster

Additional volunteers are needed to help out in the planning stages and during the actual meeting, which will be held April 21<sup>st</sup> - 23<sup>rd</sup>, 2017. Please email Brigid Neary at [btneary@gmail.com](mailto:btneary@gmail.com) if you would like to get involved!

## Congratulations to PDA Raffle Winner

Thank you to all members who entered the membership raffle this past winter. One member was randomly selected in January.

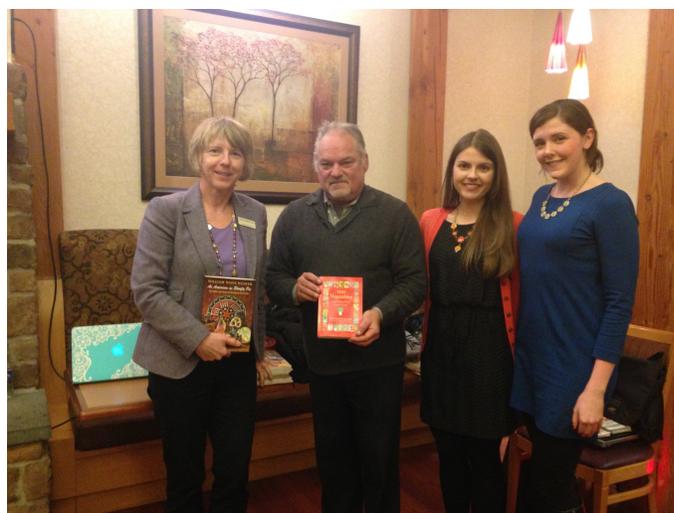
We'd like to congratulate the winner, Dr. Laura Frank, Associate Professor and Director, Didactic Program in Dietetics at LaSalle University.

Laura received a \$400 stipend towards the PAND AME held April 8<sup>th</sup> to April 10<sup>th</sup> in Pittsburgh, Pennsylvania. We were very excited to be able to offer this membership benefit and hope to continue in future years.

## Heirloom Food Plants: What are they and why are they important to our health?

Jenn Lai MS, RD, LDN, President-elect

On the evening of February 8<sup>th</sup>, PDA was honored to have Dr. William Woys Weaver give a talk on *Heirloom Food Plants: What Are They and Why Are They Important to Our Health?* Dr. Weaver is an internationally acclaimed food historian who actually resides in the Philadelphia area. The enlightening lecture was held at the King of Prussia Wegman's supermarket, where a PDA food drive for non-perishable foods was concurrently held to benefit Philabundance, a non-profit food bank that serves the Philadelphia and Delaware Valley region.



## Community Health Fair

Shawna Bayerman MS, RD, LDN

PDA hosted a table at Representative Donna Bullock's health fair at James Blaine Elementary on February 3<sup>rd</sup>. It was a rainy day but we were pleased to see that many parents braved the weather to check it out. The students (K-8) enjoyed matching sugar cubes with their respective soft drinks and learning about healthy beverage choices. Parents and faculty members were interested in healthy meal planning and learning more about our MyPlate display. We were also able to meet Representative Donna Bullock and her Chief of Staff Thomas Young. The event was a success and we look forward to similar events in the future!



# Gut Health: Fermented Foods, Probiotics, Colon Cancer and Obesity

Danielle Campbell MS, RD, LDN, Membership Chair

The Philadelphia Dietetic Association hosted its Gut Health conference on March 30, 2016. Forty-four people attended this lively event held on the campus of Drexel University. Attendees learned how to ferment vegetables and also enjoyed samples from Amanda Fiefer, author of *Ferment your Vegetables* and Pickle.com blog. Charlotte Genetta RD, CDE, talked about feeding the trillions of microbial guests in our body, the health benefits of our gut microbiota, and the use of probiotics for medical nutrition therapy. Last, but certainly not least, Dr. Erik Blomain from Thomas Jefferson University shared his passion for understanding the link between obesity and colon cancer. Attendees enjoyed delicious food and drink catered by Drexel

University's Academic Bistro and included dishes like roasted eggplant and squash and mini chicken sliders. Overall, the Gut Health conference was an educational, fun, and delicious event for all.



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