



President's New Years Greetings

Happy New Year PDA Members!

The New Year allows us the opportunity to reflect back on the year that has passed and to look forward to the year that is just beginning. Reflecting back on PDA's programming in 2015, many successful events were carried out. In October, we held two very well attended events. On October 15, we organized a panel event for dietetics students to learn about career paths in dietetics at Campbell's Soup Company in Camden, NJ. Many students became new members of PDA the night of the event. Following that event, we partnered with the Pennsylvania State Nurses Association to host a Child Abuse Training CEU event on October 23. This event was greatly informative and all attendees left with a certificate of completion in child abuse training (which is now mandatory for dietitians to obtain for licensure) and three continuing education credits. Finally, we concluded 2015 with our networking and membership event at the West Chester Artisan Exchange. This event included an informative presentation and tour of the coffee bean processing facilities by Golden Valley Farms Coffee Roasters, followed by a delicious buffet and plenty of socialization. Overall, 2015 was a great year at PDA!

We hope that 2016 will be even more exciting for our members! 2016 brings with it many great PDA programs and events! First, in an effort to become more active with our local legislators and with the community at large, PDA will be participating in Representative Donna Bullock's Health Fair on February 3rd. PDA will be one of twenty exhibitors providing health and nutrition



Drexel's School of Hospitality and Sport Management. Come and hear the latest information and research connecting gut health to fermented foods, probiotics, colon cancer, and obesity. Please save the date for this event – you won't want to miss this!

As we enter into 2016, I ask you to think about becoming more involved in PDA and I hope that you will join us at our upcoming programs and events! It is our mission to empower our members to be the region's food and nutrition leaders. I warmly welcome you to contact me with your ideas, inquiries, comments, and concerns because at PDA we want to serve YOU.

As always, I look very forward to seeing you at one of our events this year!

Dara Blomain

information to the community at this event. If you are interested in volunteering your time at this event, please contact us. Second, we are planning an educational session for CEUs at Wegmans in King of Prussia on Monday, February 8 at 6:00PM. Please save the date for this event! Finally, we will be hosting a clinical topics CEU event, focused on gut health on March 30 from 4-7PM at

In This Issue

President's New Years Greetings Page 1

Upcoming PDA Events Page 2

Recap of Fall Events Pgs 3-5

Student Scholarship Details Page 4



2016 EVENTS

SAVE THE DATE



Representative Donna Bullock's Health Fair

Join PDA at our exhibitor table at Donna Bullock's Health Fair!

Wednesday, February 3rd

1:30 PM - 3:45 PM

The James G. Blaine School

**3001 W. Berks Street, Philadelphia, PA
19121**

If you are interested in volunteering,
please contact Shawna Bayerman at
Shawna.bayerman@gmail.com

Wegmans Educational Session

PDA is excited to announce that we will be hosting an educational event featuring internationally acclaimed food historian and author, Dr. William Woys Weaver

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

Monday, February 8th at 6 pm

Wegmans, King of Prussia, Timber Room (near café entrance)

One Village Drive, King of Prussia, PA 19406

***1 CEU pending**

For more information about Dr Weaver's work,
please visit:

<http://williamwoysweaver.com/biography/>

PDA Clinical Topic: Gut Health

Save the date for PDA's Clinical Topic: Gut Health CEU Event! Come and hear the latest information and research connecting gut health to fermented foods, probiotics, colon cancer, and obesity. Registration will open in late January and will be limited to the first 50 registrants.

Wednesday, March 30th

4 PM - 7 PM

Drexel University School of Hospitality and Sport Management, Paul Peck Building

33rd and Arch Streets, Philadelphia, PA (6th floor in the Bistro)

Go to <http://www.eatrightphiladelphia.org/event.cfm> for more information and to register for all events.

Recap of PDA's Fall Events

Campbell's Career Path Panel

Tonya Haderthauer, PDA student board representative

On Thursday, October 15 the Philadelphia Dietetic Association hosted a career paths panel for students at Campbell's Soup Company located in Camden, New Jersey. The student moderators Tonya Haderthauer, Katie Gunter, and Lizzie McManus led the discussion at this event. The PDA was very pleased to have held such a successful event at Campbell Soup Company's wonderful facility.

The event had a great turnout with an attendance of over 60 students from colleges in the Greater Philadelphia Area. Attendee's enjoyed food and refreshments provided by Campbell's. Students were overjoyed to try new products offered by Campbell's that incorporated fruits and vegetables into beverages. West Chester University was gracious enough to provide many students with transportation to this event. This event was so successful because of the hard work of the career guidance coordinator, Dr. Jeanie Subach and PDA's President, Dara Blomain.

The seven wonderful panelist who volunteered their time included:

- Alexandria Hast, Ph.D., RD, Senior Nutritionist
- Anita Shaffer, RD, Senior Nutritionist, Global Nutrition
- Jennifer McQuillan, DTR, Associate Nutrition Analyst, Regulatory Affairs & Nutrition
- Laura Masullo, MS, RD, Regulatory and Nutrition Analyst
- Lindsay Vaughn, RD, Nutrition Communication Analyst
- Lisa Thorsten, Director, Global Regulatory Affairs
- Trish Zecca, MS, Senior Program Manager, Global Nutrition-Americas, Global Nutrition & Regulatory Affairs

The panelists shared their individual experiences and elaborated on their favorite and most challenging parts of their careers. The panelists also shared general advice on what helped them get matched to a Dietetic Internship. Students were pleased to learn about the wide variety of positions available on a commercial level in the dietetics field. The discussion was

open to students who eagerly asked a variety of insightful questions. The panelists shared common themes on how important it is to be hard-working, persevering, and to be true to yourself to develop your own career path.

Overall, attendees learned about the wide variety of jobs that are available in the dietetics field. Through this successful event the PDA was able to welcome new members to the association. The PDA looks forward to the next panel event that takes place in the spring where students can learn more about the diverse field of dietetics.



More photos from the career path panel....



Calling All Students

We invite all students to apply for PDA's Annual Scholarship Award for 2015-2016.

Scholarship Amount: \$500

Who Should Apply:

Students who are
Current members of the
Philadelphia Dietetic Association
AND

Are enrolled in one of the following:

- An ACEND-accredited/approved undergraduate or coordinated program in dietetics in the Philadelphia area
- An ACEND-accredited Dietetic internship in the Philadelphia area
- A masters degree program in the Philadelphia area with the intent to practice in dietetics

Application Due Date:

Applications must be postmarked by January 20, 2016.

When is the Scholarship Awarded:

Announcement at PDA's spring meeting 2016.

How to Apply:

[Fill out the application here](#) and follow the directions for submission.

For questions, please email the Scholarship Chair:

Caitlyn.crosby@gmail.com



Artisan Exchange

Jenn Lai MS, RD, LDN

Dietitians and students alike gathered on Thursday November 12th for PDA's second membership event of the year. The event was kindly hosted by the Artisan Exchange in West Chester, PA where attendees learned about the venue's mission of supporting local entrepreneurs committed to producing hand-crafted and sustainable foods. The event started with a delectable food tasting of the organic coffees, artisanal baked goods, sweets and entrees that were made on-site. The owners of Golden Valley Farms Coffee Roasters, who acquired and transformed the 27,000 square-foot facility into the now Artisan Exchange, were generous in sharing their insights and passion for their work in collaborating with small business owners and helping to turn their ideas into a viable reality. The night ended with a tour of the facility, which is purposefully split into individual food manufacturing and distribution workstations. The building design provides for an affordable approach to smaller-scale food manufacturing, where vendors can make and store their product in a low-cost rental unit that is both USDA and PA Department of Agriculture certified. The final bonus was a tour of the coffee roasting room, where attendees got an insider's view of the intricacies of roasting coffee beans. Needless to say, the event was filled to the brim with nourishment for both body and mind for all who were able to attend.

Child Abuse Recognition Training

Shawna Bayerman MS, RD, LDN

On October 23rd the PDA hosted a Child Abuse Education Program at Friends Hospital in Philadelphia. We were happy to see more than 50 dietitians and nurses at our first CEU event of the season! The speaker, Aislynn Moyer, Deputy CEO, Director of Professional Development, Pennsylvania State Nurses Association (PSNA) lead an engaging program that included group discussion and breakout sessions. Please note that as of January 2015, the state of Pennsylvania requires all mandated reporters to obtain documented hours of child abuse awareness education approved by the Pennsylvania Department of Public Welfare. This program also included a brief presentation by Shawna Bayerman M.S., L.D.N., Public Policy Chair Elect, on her work with Honduras Child Alliance (HCA). Shawna has been working with HCA to implement a Healthy Snack Program, which will provide a healthy snack for Honduran children who participate in the schooling program. If you are interested in learning more about this program or would like to make a donation please visit: www.honduraschildalliance.org.

2015-2016 Philadelphia Dietetic Association Board of Directors

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