



President's Greetings



Dear Philadelphia Dietetic Association Members,

As we continue into the heat of the summer, many of us are taking some time for rest and relaxation in preparation for the busy fall season. This is the time to recharge, reflect on our hard work and progress over the past year, and look towards our goals for the upcoming months.

This past year, PDA has worked to be a champion for our membership base. Our policy representatives have worked tirelessly to see that our district is consistently represented. Additionally, our board has worked to organize volunteering events to give back to our community as well. In total, PDA hosted 14 events over the past year, and we look forward to being able to continue this into the next year.

Thank you to our outgoing board members, of whom have contributed significantly to the growth and development of our district, especially the immediate-past president Jennifer Lai. And welcome to our new board members this year. We are thrilled to have you step up to help lead our organization this year. I am incredibly humbled and excited to be able to represent this fantastic district for the next year, and I look forward to being your advocate.

Best wishes for an enjoyable and relaxing summer!

Colleen Tewksbury, MPH, RD, LDN

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Volunteering Opportunities

PDA Volunteer Event at MANNA Monday, August 7 from 5pm to 8pm

Join PDA in volunteering at MANNA on August 7, 2017 from 5pm – 8pm. MANNA is a local organization that provides meals to critically ill individuals. Come ready to spend the evening in the kitchen – we will be doing anything from chopping vegetables to packing breakfast bags, so dress comfortably and in closed toed shoes.

If interested, e-mail Courtney Masterson at masterson62@gmail.com for more details. MANNA is located at 2323 Ranstead Street, Philadelphia, PA, 19103.

Walk From Obesity + Fitness Fun Run Sunday, October 8 from 8:30am – 11am



Join PDA at this event hosted by Penn Medicine Metabolic & Bariatric Surgery Program at Penn Park along the Delaware River in Philadelphia. ASMB's Foundation's Walk from Obesity is a one of a kind national walk-a-thon that raises awareness of obesity. This is also a fundraising event to support obesity research, educational programs, and access to care initiatives.

Register online at <https://fundraise.asmbfoundation.org/index.cfm?fuseaction=donorDrive.event&eventID=815>. You may register as an individual, join a team, or even create your own team to raise awareness and

fundraise for this great cause. Volunteering opportunities are also available for this event.

This event is currently offering Early Bird registration for a discounted rate of \$15! Use promo code "EARLYBIRD" by September 8, 2017. Feel free to join the PDA team listed as "PAND – Philadelphia Dietetic Association".

Penn Park is located on 3000 Walnut Street, Philadelphia, PA 19104. Check in starts at 8:30am and the Walk/Run kicks off at 9:30am. We hope to see you there!

Membership Event Recap

Membership Happy Hour at Strangelove's

To celebrate the end of the membership year, PDA hosted a membership event at Strangelove's in Center City on May 31, 2017. During the happy hour event, conversation flowed faster than the adult beverages, including networking and fantastic debates on the future of the dietetics profession. Be sure to join us at our next membership happy hour – details to come. Cheers!



Delegate Report

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

Dear Philadelphia Dietetic Association Member,

The Academy's House of Delegates is gearing up for the 2017-18 year (our 100th anniversary!) and since the year is just starting there is not a lot of new information.

That's okay; I thought I would take the time to introduce myself to those of you that do not know me and let you know what I can do for you! I am in my 8th (and last) year as delegate and this year I am the Chair of Delegates from Pennsylvania. I represent Philadelphia and the Lehigh Valley specifically and all of Pennsylvania in the Academy of Nutrition and Dietetics' House of Delegates. I love being a delegate because I love representing YOU to our national organization.

Remember, **"Your delegate if your link to the House of Delegates and The Academy"**. The Academy of Nutrition and Dietetics House of Delegates, as the voice of our members, governs the profession and develops policy on major professional issues. Each state, Dietetic Practice Group, ACEND, CDR, NDEP, NDTRs, students, and age groups are represented. There are 106 delegates and most are elected (ACEND, CDR and student representatives are appointed delegates).

The number of members of the Academy in each particular state determines the number of delegates from that state. Since 2016, Pennsylvania has three delegates. Each delegate represents two local districts. Besides me, the other Pennsylvania delegates are: Meg Rowe MS, RD, LDN, FAND (Delegate for CPAD and NEPAD) and Angela Tetteris MS, RD, LDN (Delegate for Pittsburgh and The Northwest).

The responsibilities of the delegates are to:

- Communicate member issues to the HOD
- Read all information received from the HOD
- Communicate time sensitive information to PAND membership via constant contact
- Write newsletter articles for district newsletters and the PAND newsletter
- Attend all HOD Meetings
- Vote on all motions
- Participate with affiliate policy calls
- Communicate with assigned districts via newsletter, meetings, and calls
- Attend all PAND Board Meetings

The Academy's House of Delegates' Speaker of the House for this year (2017-18) is Dianne K. Polly, JD, RDN, LDN, FAND. The HOD meets twice a year, once right before FNCE in the fall and once in the spring for a virtual meeting. To learn more about the HOD, access the following link:

<http://www.eatrightpro.org/resource/media/mltimedia-news-center/videos/what-is-the-house-of-delegates>

Thank you all for allowing me to represent you this year and I encourage you to contact me if you have any questions at all concerning the Academy of Nutrition and Dietetics or the House of Delegates. I can be reached at seadams@rcn.com.

*Susan Adams, MS, RD, LDN, FAND HOD
Delegate, representing Philadelphia
and the Lehigh Valley*





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