



The Los Angeles District Newsletter

The LAD Newsletter is published by the Los Angeles District of the California Dietetic Association

President's Message

By Shannon Duffy, MPH, RD,
CNSD

LAD 2008-2009 President



Welcome to the 2008-2009 Membership year for Los Angeles District. First and foremost, I deeply thank our Past-President Joyce Nakashima, MA, RD for her thousands of volunteer hours she dedicated as well as the valuable guidance she shared with LAD for more than the past 2 years. Joyce, your patience and encouragement gave me the confidence I needed and I will treasure it deeply—especially during this upcoming year.

And on that note, I am thrilled to begin my service as the 2008-2009 President of the Los Angeles District of the California Dietetic Association. We have an outstanding group of leaders again this year who started their positions running. Early in June, your Executive Board had our Strategic Planning Meeting where we set the stage for the upcoming year—and what an exceptional year it's going to be!

We are excited to kick-off with the launch of our on-line membership service. This project was the vision of Monica Montes during her Presidency and was executed by LAD Member Joe Farar. Joe spent countless hours establishing and troubleshooting our site and Joyce Nakashima worked to verify the reliability and established a method for continuity. I thank Monica for her vision, Joe for making it happen for us and Joyce for her diligence. All your efforts are greatly appreciated and will successfully perpetuate the leadership of LAD.

Additionally, we plan to establish a Technology Task Force to revamp our website, the Nominating Committee is currently instituting on-line voting for this year's round of nominees, we are going to develop a resource list featuring works of our current members including books, websites, etc; the Grants Committee will be announcing a

new feature for our members—this is only the beginning!

If you are interested in participating and/or contributing to any of the upcoming projects or if you have any suggestions for improving what LAD offers, please feel free to contact me personally and I will make sure to discuss it at our next board meeting.

Please continue to read on. The rest of the newsletter is packed with benefits that LAD has to offer you. Don't forget though, that we can always use your support through volunteering, donating or a new venture that you find.

Most importantly, thank you very much for YOUR membership! We cannot be the greatest district without you!

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LAD Awards Lunch and End of the Year Celebration

By Joyce Nakashima, MS, RD
LAD Financial Planning Chair/Past President

LAD's Awardees and Board Members gathered for an Indian Buffet lunch on Saturday, June 21, 2008 at Gills Indian Restaurant in downtown LA (838 S. Grand Ave, LA CA 90010) to celebrate LAD Awardees and to celebrate the end of the 2007-08 LAD Executive Board. LAD Awardees present at the lunch were Sarah Debolt, MPH, RD for "Young Dietitian of the Year" Award and Turusew Gedebu-Wilson, MS, RD for the "Excellence in Community Nutrition" Award.

Joyce Nakashima, MS, RD, reviewed LAD's accomplishments with a slide show to attendees. Everyone also received a certificate for their participation on the LAD board this year and enjoyed a delicious Indian Cuisine Lunch. A special award, called the "watermelon award" was given to Cindy Young, MPH, RD for taking the challenge of Co-President-Elect this coming year. The "artichoke award" was for Monica Montes, RD for being such a great support to Joyce and inspiring her to take the position of President Elect/President. Lastly, LAD President, Shannon Duffy, MPH, RD, CNSD, presented Joyce with a gift from the LAD Board. All had a wonderful time and look forward to serving members again this year!

The Marketing Committee's Exciting New Year Ahead

By Katie Chapmon & Jodi Dalyai
Marketing Committee Co-Chairs

As the official year for LAD begins, the Marketing Committee is using this past year's successes to create new goals for this coming year! Last year we secured three new sponsors to help support our dietetic mission and we look forward to continuing this trend.

We are proud to work with our wonderful sponsors, Organic Bistro, Nutricia and Rice Expressions, and thank them for their continued support of LAD. These companies enable LAD to present fabulous speakers at continued education events, further our involvement in commu-

nity events, and support other outreach opportunities to enhance recognition of Los Angeles' dietetic community. We look forward to creating new relationships with other businesses that support the ideals of LAD.

The other focus of the Marketing Committee is the promotion and marketing the RDs and DTRs as the experts in nutrition. We are able to do this at the many outreach events in which LAD is involved, and we're always looking for more opportunities to "get the word out" to other health and private practice professionals. If members have opportunities to get involved with allied health or the private practice sector, we would be interested to hear from you!

The Marketing Committee is looking forward to a fabulous year with a focus on both aspects of the committee. Lastly, we are always looking for people to join us in making these goals happen. If you know of any businesses that would be interested in supporting LAD or are interested in helping the marketing committee, please contact us at LADmarketing@gmail.com.

Get Involved!

Publications Advisory
Chair Position is
open. Come join in
the fun at LAD!

Community Relations Committee Welcomes Another Exciting Year

By Reika Go, RD and Marcela Martinez
Community Relations Committee Co-Chairs

We are looking forward to another exciting year full of health fairs and events that will help us represent LAD once again. Last year we had a wonderful group of volunteers who were willing to spread the message of health and good nutrition in every event we participated. We'd like to thank the member volunteers who did a wonderful job supporting the LAD booth at the last event: Lauren Anton, Bitia Azizi, Yasmin Firouzman, Stephanie Hemberger, Vilma Hernandez, JJ Istrin, Hiroyo Ito, Jennifer Krohn, Lupe Mejia, Kim Stevens, Michelle Wei, and Anthony Wong. Please let us know of any upcoming health fairs or community events in which we can continue to promote LAD, as well as health and nutrition! Contact us at reikago@hotmail.com and mmmartinez68@sbcglobal.net. Have a great year!

**DIETETIC INTERNS
AND STUDENTS
LAD
SCHOLARSHIP
AVAILABLE**

Go to www.dietitian.org

For Our Students
CDAF Scholarship Info
Jacqueline Saracino Scholarship

Review requirements

CDA will post notices for applications

Research and Grants Committee Update

*By Turusew Gedebu-Wilson, MS, RD and Mandy Graves, MPH, RD
Research and Grant Committee Co-Chairs*

The committee was formed to encourage LAD members to submit grant proposals for nutrition education or other projects they were interested in. Since its inception the committee has submitted two grant proposals of which both have been funded. Currently, we are looking for LAD members who can assist us with writing, reading and editing grant submissions on behalf of LAD members. It's a great way to "get your feet wet" if you've ever had the desire to write a grant.

Each month and as needed, grant opportunities will be forwarded to LAD members. For the month of July, the following is a local grant that a number of LAD members have applied for and been awarded in the past.

LA Collaborative Mini-Grant RFP was released August 1, 2008. Mini-grants are available for nutrition education projects that support the vision and mission of the Collaborative and serve Food Stamp eligible populations in LA County. Eligible applicants may apply for up to \$5,000. Proposed projects should promote, encourage or advocate increased daily consumption of fruits and vegetables as part of healthy eating that are consistent with the current Dietary

Guidelines for Americans and USDA Food Guidance System.

Applications were made available on the Collaborative website at www.lacollaborative.org and were sent over the list-serve on Friday, August 8th. A Mini-Grant Training will be held for applicants on Tuesday, August 12th from 10:00am-12:00pm at 3530 Wilshire Boulevard, Suite 800-Conference Room C. More details to follow. If you have questions or need help with a grant submission please email either Turusew Gedebu-Wilson (turusew@hotmail.com) or Mandy Graves (mgraves@chla.usc.edu). Thank you!

Food for Fuel - July Event



Speaker Kristy L Richardson, MS, MPH, RD, CSSD, CHES



LAD members listen to Updates in Sports Nutrition: The latest research and recommendations for optimal performance.

SPRING HOD MEETING UPDATE: WORKING FOR MEMBERS

*By Carol Berg Sloan RD
Delegate for CDA to Los Angeles and Orange County Districts*

The House of Delegates met in Schaumburg, IL on May 3-4, 2008 to conduct its 79th meeting. The HOD discussed the following issues: 1) final recommendations from the Phase 2 Future Practice & Education Task Force; and, 2) The Changing US Family and the Practice of Dietetics. The HOD participated in a training session on the application of the revised Standards of Practice in Nutrition Care for the RD and DTR and the Standards of Professional Performance for the RD and DTR. Also, delegates were introduced to a variety of tools developed for members by the Emergency Preparedness Task Force. The various documents and tools related to these two sessions have been posted to the ADA Web site. In addition, all meeting attendees participated in a training session on cultural and linguistic competency. To view the final approved recommendations in its entirety, please check out the following link: <http://www.eatright.org/ada/files/SM41.pdf>.

The Changing US Family and the Practice of Dietetics:

The HOD approved the motion requesting the Professional Issues Delegates to collaborate with all DPGs to develop plans to assist ADA members in addressing the changing family structure and eating patterns to improve health. An initial report will be submitted to HOD in May 2009.

Revised Standards of Practice in Nutrition Care for the RD and DTR and the Standards of Professional Performance for the RD and DTR:

A variety of tools were provided to delegates during the training session. The session was intended to assist members in the implementation of the new SOP/SOPP. A variety of case studies were used to highlight application. To access these materials, use the following link: www.eatright.org/cps/rde/xchg/ada/hs.xsl/home_17156_ENU_HTML.htm

Emergency Preparedness Task Force Member Tools:

The various tools developed for members to use in preparing and/or responding to an emergency were presented. The tools may be accessed at:

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition_17403_ENU_HTML.htm.

Association Updates: ADA President, ADA Treasurer, ADA Foundation and ADA CEO:

To learn more about the work of the ADA, members are encouraged to review the four presentations presented during the Spring HOD Meeting. You can access the presentations at: www.eatright.org/cps/rde/xchg/ada/hs.xsl/governance_665_ENU_HTML.htm

When is the Next HOD Meeting and Topics for Discussion?

The Fall 2008 HOD Meeting is scheduled for October 24-25, 2008 at the Hyatt Regency Chicago Hotel, Chicago, IL. The topics for the dialogue sessions are: 1) Nutrigenomics; and, 2) Nutrition Informatics. Background materials will be shared on these topics in late July 2008. Watch for the release of these materials.

Delegate Report

*By Carol Berg Sloan, RD
Delegate Chair*

I am please to continue to serve as the delegate to the Los Angeles District. Please contact me if I can be of assistance to you as your liaison to ADA.

Resolving a Profession or Member Issue: Responding to Members

Members who have submitted issues to the Issues Management Committee have been pleased with the promptness and thoroughness of responses to their issues. One member said, "I am not only pleased with the resolution, but am also pleased with the process". Another member reported she was glad that discussions were taking place as a result of her issue. And, a third member who was unsure of the process was very satisfied when action was taken on her suggestion. She commented that the Committee had done a "good job" addressing her issue.

The Issues Management Committee has been addressing member issues since 2001 and has received approximately 30 issues per quarter.

Delegates, DPG and affiliate leaders, members including student members, have all submitted issues. Issues submitted have covered topics ranging from practice matters to suggestions for the ADA Web site.

Submitting an issue to the committee is simple and is a great way for the Association to hear the voice of its members. This membership benefit is a valuable tool not only for the member but also for the Association. The process does not guarantee a fix to a problem or issue, but provides ADA with information from members that is used to strengthen the Association and the profession of dietetics.

Members are encouraged to use the Issues Management Process to submit issues of concern to the Association. Please submit issues to the Issues Management Committee mailbox at Issuesmgmt@eatright.org or contact me at cbergsloan@ix.netcom.com.

LAD Dining Club Event Created Hip Cooks

There were 4 happy R.D.s who were among the 12 participants in the “Healthy, Fresh and Zingy” Class at Hipcooks on Saturday June 28th. (Unfortunately, Shannon Duffy wasn’t able to be there at the last moment, due to a transportation crisis.) Those attending included beginners, as well as experienced cooks (like Joyce and Caroline). We sliced, diced, chopped and cooked our way into:

- Yin-yang roasted red and yellow pepper soup with a pesto twist
- Seared sesame seed crusted ahi tuna
- Mango-ginger salsa
- Sauvignon Blanc
- Mini coconut and lemon sorbet sandwiches

In addition to improving our skills with a Chef’s knife, we learned helpful techniques for roasting peppers, preparing jalapenos without irritating our skin, easily obtaining zest from fruit, using a juice squeezer and creating a yin-yang design on soup. We also learned to easily cut basil by creating a chiffonade with it. Our enthusiastic instructor was a young lady, who began

cooking at age 4, and has made cooking “her thing”. The Dietitians attending were: Caroline Caesar, Joyce Nakashima, Janet Kauffman and Jen (a new member of LAD, who works at Harbor U.C.L.A.) Information on Hipcooks and their wonderful classes can be obtained at www.hipcooks.com.



The CDA/LAD Nominating Committee Update

By Jennifer Romo Karp, MPH, RD
Nominating Committee Chair

It's not too late for YOU to get more involved in LAD. Our various committees (program planning, fundraising, membership, volunteer, awards, career guidance, community relations, publications, research & grants, sponsorship & marketing) need your help. Volunteering your time to serve on the LAD Executive Board has various benefits including the chance to develop leadership skills, the opportunity to network with other dietetic professionals and free admission to LAD CEU events. To find out more about this position or any future leadership positions with next year's Executive Board, contact a member of the nominating committee - jennifer.karp@hotmail.com, leahpinsky@hotmail.com or krsgirl1@yahoo.com

LAD Members: In the news

Cabbage, White Button Mushrooms, Cauliflower -- Do They Have Nutritional Value?

"Like broccoli and other members of this family, cabbage is full of nutrients and has cancer-fighting capabilities," says Lanah J. Brennan, R.D., a Los Angeles private practice dietitian.

Source:

<http://www.kcby.com/news/health/18975339.html>

Shapiro Combines Specialties To Teach People The Right Way To Eat

Dr. Susan Shapiro wants to show people the right way to eat and help people conquer their fear of food.

Source: *Beverly Hills Courier* (May 30, 2008)

<http://thebeverlyhillscourier.com/editions/>

Upcoming Events

Friday, August 15th

Private Practice, Getting That Jump Start

Thursday, August 28th

LAD Dining Club Event

Thursday, September 11th

Exploring New Horizons - Exciting Careers and Opportunities to Supplement or Enhance Your Professional Choices

Visit http://www.dietitian.org/lad_events.htm

Speakers and Writers Bureau

By Monica Montes, RD
Speaker and Writers Chair

We invite all LAD Members, Registered Dietitians, Nutrition Interns and Students to join the LAD Speakers and Writers Bureau (S&W). If you currently provide presentations and/or are considering being a presenter, the S&W Bureau provides opportunities for you to share your knowledge and skills in a variety of venues. We receive requests from corporate contacts, non-profit organizations and media-related companies.

The S&W Bureau is not only a service to clients in Los Angeles, it also serves as a fundraising branch for LAD. Inquiries for speakers are carefully screened and rates are negotiated. A nominal percentage of the speaking fee is forwarded to LAD. On occasion, complimentary speaking services may be provided at the discretion of the Speaker Consultant. A speakers training seminar will be held this Fall/Winter 2008. To be added to the speakers list and for more information, please contact monicamontes@sbcglobal.net.

Volunteer Committee Update

By Feon Chang

Volunteer Committee Chair

The Volunteer Committee would like to give a special thank you to members who have

signed up to be on the volunteer committee and also to those who have helped out at the CPE events.

If you are interested in

volunteering for upcoming events please email volunteer4lad@gmail.com. We have lots of educational and community events coming up and would love to add your name to our list. If you volunteer you get to attend the event for free.

Thanks!
Judith M. Dunaway,
Cheri Kaczmarck and Geri
Lorenzana for volunteering
at the July CPE event!

**Treasurer’s Report for Fiscal Year:
June 1, 2007 to May 31, 2008**
*By Sarah Debolt, MPH, RD
Treasurer*

Here is the annual treasurer’s report for 2007-2008.

Beginning Balance: \$13,142.68

Income	
Membership Dues	46%
Meetings & Seminars	23%
Grant Account	16%
Email Advertising	8%
Sponsorship (advertising)	8%
Fund Raising/Donations	0.3%

Total Income: \$17,137.68

Expenses	
Office Operations, Accountant, Tax Filing	45%
Meetings & Seminars	20%
Grant	16%
Officers & Board Meeting Expense	10%
Website	4%
Public Policy	2%
CDA Speaker Sponsor	2%
Newsletter & Roster	1%

Total Expenses: \$19,114.02

Ending Balance: \$11,165.44

**LAD ADVERTISEMENT
SYSTEM**

LAD has several, efficient advertising programs

- ◆ **Direct member list serve advertisement**
- ◆ **LAD web site advertisement**

For more information visit the LAD web site at:

http://www.dietitian.org/lad_advertising.htm

Or Contact Jacqui Saracino, RRD at jacquisar2@aol.com

LAD 2008-2009 Executive Board

President : Shannon Duffy, MPH, RD, CNSD : sduffy@chla.usc.edu

Co-President-Elect : Cindy Young, MPH, RD : ciyoung@ph.lacounty.gov

Co-President-Elect : Melissa Halas-Liang, MA, RD, CDE, CNSD : melissa@superkidsnutrition.com

President-Elect Mentee : Lauren Gasparo Anton : Blanton2006@sbcglobal.net

Secretary : Edna Banayat, RD : etbanayat@yahoo.com

Treasurer : Sarah Debolt, MPH, RD : Sarahdebolt@gmail.com

Treasurer-Elect : Kathrine Hartog, RD : Hartogk@gmail.com

Member Council Representative : Kelli Horton, MPH, RD, CNSD : kelli.horton@va.gov

Committee Coordinator #1 : Jennifer Genens, MS, RD : Jennifer.Genens@lausd.net

Committee Coordinator #2 : Aditi Shah, MPH, RD, LWMC : ajshah711@yahoo.com

Committee Coordinator #3 : Tunde Hrotku, CNSD, RD : throtko@yahoo.com

Advocacy Committee Chair : Nicola Edwards, RD : nikkie296@hotmail.com

ADA/CDA Delegate : Carol B. Sloan, RD : cbergsloan@ix.netcom.com

Nominating Committee Chair : Jennifer Karp, MPH, RD : Jennifer.Karp@VA.gov

Nominating Committee : Kristine Hunt, RD, CNSD : krislhunt@aol.com and Leah Pinsky, RD : leahpinsky@hotmail.com

Fundraising Chair : Danielle Arce : nutritiongirl@sbcglobal.net

Membership Committee Chair : April Stahl : apestahl@yahoo.com

Volunteer Chair : Feon Cheng : cheng.feon@gmail.com

Awards Chair : Joe Farar: joeyfarar@yahoo.com and Kathy Soltani: kathysoltani@yahoo.com

Nominations for CDA/ADA awards from LAD

Career Guidance Chair : Colleen Ross, MS, RD : colleen.ross@va.gov

Community Relations Co-Chairs : Reika Go : Reikago@hotmail.com and Marcela Martinez mmmartinez68@sbcglobal.net

Speakers & Writers Bureau Chair : Monica Montes, RD : Monicamontes@sbcglobal.net

Publications Advisory Chair : Available

Research & Grants Co-Chairs: Mandy Graves, MPH, RD, CDE : mgraves@chla.usc.edu and Turusew Gedebu-Wilson, MS, RD : turusew@hotmail.com

Marketing Committee Co-Chairs: Katie Chapmon : kchapmon@gmail.com and Jodi Dalyai : jodigo75@yahoo.com

Financial Planning Chair : Joyce Nakashima, MS, RD : Dttn2001@cs.com

Bylaws & Procedures Chair : Lauren Gasparo Anton : Blanton2006@sbcglobal.net

Newsletter Editor & Website Coordinator : Mary Barbour : mary@mbwellnessgroup.com

Newsletter submissions deadline for articles and advertising space falls on the 15th day of each quarter (February, May, August, November) for Spring, Summer, Fall and Winter publications respectively.

For Newsletter subscriptions only contact: Jacquisar2@aol.com. Newsletter subscriptions are \$15 for non-LAD members and free to LAD members.

Historian : Lauren Gasparo Anton : Blanton2006@sbcglobal.net

Administrative Assistant : Jacqui Saracino : jacquisar2@aol.com