



# The Los Angeles District Newsletter

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

## President's Message

By *Monica Montes, RD*  
2006-2007 LAD President

### Happy New Year!

Today, the role of California Dietetic Association (CDA) - Los Angeles District (LAD) is significantly different than when the association began soon after the state initiation in 1925. CDA is entering their 81st anniversary. Interestingly, the American Dietetic Association (ADA), founded in 1917, "was led by a visionary group of women dedicated to helping the government conserve food and improve the public's health and nutrition during World War I." Although the nutritional needs of our communities have obviously changed since WW1, the focus in working with the government remains vital if not essential to the well being of our families.

ADA continues to promote Registered Dietitians as "the food and nutrition experts...[who] are the best source of timely, accurate, and reliable information on eating well." We are qualified to support ADA's statement. Yet with self-promotion comes responsibility. It is not enough to be the "nutrition expert" if local and state policy makers and public health advocacy groups are not aware or do not acknowledge the services and the knowledge of Registered Dietitians.

We must not lose sight of the vision a group of women held in 1917. LAD is deeply committed to supporting local and state public

policy efforts. We encourage all members and their colleagues to extend beyond their daily practices and be more of a catalyst in creating strong, healthy communities in Los Angeles.

### How can you be involved?

We are in public policy season. Several local, state, and national public policy forums and workshops are upon us through April 2007. Plan to attend a workshop and learn how partnerships, advocacy and public relations efforts affect your career. Important ingredients for change include being informed, having an opinion, and visibly sharing your views. One individual can help shape the future for millions. I believe this.

### LAD News

I would like to recognize LAD Executive Board's hard work and dedication for the wonderful job in the first half of the year:

- ▶ The membership surpasses last year's numbers before mid-year.
- ▶ We were awarded our first grant which provides opportunities for employment.
- ▶ The 1st Annual All-Day Workshop was a success.
- ▶ The Dining Club provided tasty social networking opportunities.
- ▶ We selected an impressive LAD EB Mentee 2006-2007.

▶ The candidates for the LAD EB 2007-2008 are amazing leaders.

▶ LAD Member Roster is modified to Excel for customizing reports.

▶ Many LAD Members nominated for CDA and ADA Awards were chosen.

▶ Marketing and public relations efforts have resulted in corporate sponsorships and partnerships.

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## News from the LAD Membership Committee

By Karla Campbell, MS, RD

LAD Membership Outreach Chair

As 2007 begins, we have only about four months left in the 2006-2007 LAD membership year. I am pleased to announce that we currently have 487 members, surpassing the 2005-2006 year-end total of 459.

Are your friends and colleagues LAD members? We recently held our refer-a-friend campaign to offer current members free admission to their choice of upcoming LAD education events in exchange for encouraging a friend to join LAD. Although we didn't get the increase in memberships that we had expected from this campaign, hopefully it motivated many of you to consider what a great organization LAD is, partly because it is a common interest among your friends. I encourage you to bring a friend along to the next event you attend.

One of the projects in the works for next year will be applying for an ADA Diversity Grant. This is an award given to organizations that actively work to increase their membership of underrepresented groups, which, in dietetics, includes ethnic minorities and men. However, to show an increase in numbers and qualify for the grant, we must first know where we stand now. Watch your email in the next month or two for a brief survey on race and gender. Although this will be an optional survey, we hope many of you will participate so we can compile accurate statistics about LAD's demographics. Thank you all for your continued support to this wonderful organization!

I hope to see our membership continue to grow even stronger as the year progresses. To download the membership application, please visit our website at: [http://www.dietitian.org/lad\\_membership.htm](http://www.dietitian.org/lad_membership.htm).

## From the Research and Grant Committee

Co Chairs- Mandy Graves, MPH, RD and Turusew Gedebu-Wilson, MS, RD

The Research and Grant Committee was created as a new committee of LAD in 2006. Immediately the committee seized the opportunity to submit a grant proposal to the Los Angeles Collaborative of Healthy and Active Children. In November 2006 LAD was notified that the submitted proposal was funded \$5000.

These funds will enable LAD to partner with Jordan High School in South Los Angeles in order to help increase nutrition related knowledge of 9-12 grade students and their families. This will be accomplished through a series of nutrition education activities and a

student-led Nutrition Health Fair. The timeline for the project is January to August 2007.

Currently we are in the process of recruiting potential RDs and/or students to teach the nutrition education classes. We are also in the process of finalizing the logistics of the project with Jordan High School. This is an exciting opportunity for all of us. We will keep you posted as we proceed with the project. Last but not least we are looking for volunteers to help us with the Health Fair.

If you would like to participate please e-mail Mandy Graves at [MGraves@chla.usc.edu](mailto:MGraves@chla.usc.edu) or Turusew Gedebu-Wilson at [Turusew@hotmail.com](mailto:Turusew@hotmail.com).

## Greetings From Your LAD Awards Committee Chair

By Joe Farar

LAD Awards Chair

It is with much pride that I announce the 2007 CDA/ADA Award Winners:

**ADA - RYDY:** Kat Soltanborad, Jasmine Jew, Jennifer Genens, Dana Gerstien, Jill Burns

**ADA - Emerging Dietetic Leader:** Colleen Ross

**ADA - Outstanding Dietetic Student (didactic):** Joe Farar

**ADA - Outstanding Dietetic Student (coordinated):** Yashmi Mistry

**CDA - Distinguished Service:** Debbie Lucus

**CDA - Dolores Nyhus:** Kara Caldwell Freeman

**CDA - Excellence in Community Nutrition:** Susan Magrann

**CDA - Friends of CDA:** Health Education Council 5 a Day - Romona Mosley

Of this list, 4 of our own LAD members are award recipients:

**ADA RYDY:** Jennifer Genens MS, RD

**ADA Emerging Dietetic Leader:** Colleen Ross MS, RD

**ADA Outstanding Dietetic Student (didactic):** Joe Farar

**CDA Dolores Nyhus:** Kara Caldwell Freeman DrPH, RD

Make plans to attend the 2007 Awards Brunch April 19th beginning at 10 am and sponsored by The California Raisin Marketing Board. This event is free to all attendees of the CDA Annual Meeting and friends and family of the award winners. Congratulations to all of our award winners!



## Public Policy Council Issues And Updates From The CDA

Lorri Holzberg and Council have identified the following issues as those most important to CDA's RDs and DTRs.

- Making RDs and CDA visible in CA as nutrition experts
- Licensure for RDs in CA-Do We Need It?
- Scope of Practice for Dietitians
- Inclusion of MNT in Health Insurance Coverage and Health Legislation in California
- Inclusion of MNT in Federal Health Legislation

To learn more about these and other topics, please visit the CDA website and access the Public Policy webpage at

[http://www.dietitian.org/member\\_council\\_public\\_policy.htm](http://www.dietitian.org/member_council_public_policy.htm).

### State Legislation Process Needs You!

*By Heidi Kiehl, MS, RD, CNSD-State Legislation Chair*

Our 2007 California legislative session is gearing up! Those of us involved in state legislation are prepared to identify the bills that matter to you as RDs and DTRs. Between now and February 23 (the last day for bills to be introduced into the Senate and Assembly), we expect to see several bills that warrant our attention. The process of identifying, evaluating and deciding the organization's course of action on bills is a coordinated effort, involving everyone from the Public Policy Council (PPC) to the membership at the district level. In 2006 CDA supported four bills and two of them were passed into law. Read on for more about State Legislation by visiting [http://www.dietitian.org/member\\_council\\_public\\_policy.htm](http://www.dietitian.org/member_council_public_policy.htm).

### Renal RD Scope of Practice-Revisited

*By Joyce Ezaki-Yamaguchi, RD-Professional Practice Co-Chair*

This update has been a year and a half in the making. Through the diligence and persistence of the author, the scope of practice for renal dietitians in CA has been made a little clearer. You will be enlightened by reading this account of Joyce's adventure through the DHS/CMS maze of RDs prescribing nutrition care orders. This article is on the Public Policy Council homepage and can be accessed by visiting the CDA website at [http://www.dietitian.org/member\\_council\\_public\\_policy.htm](http://www.dietitian.org/member_council_public_policy.htm).

### Federal Legislation Update

*By Lisa Gibson, MS, RD-Legislative Network Coordinator/South*

It is time again to start gearing up for the annual ADA Public Policy Workshop (PPW), held in Washington DC April 23-25, 2007. When thinking about PPW for 2007, I reflected upon the several previous PPWs I have attended.

The Public Policy Workshop of 2006 was unique in that we spoke with our elected representatives about three separate issues. In prior years, we focused on getting MNT covered by Medicare and that was our big message. But last year was different. We went to the hill and lobbied for older Americans, people with HIV and AIDS, and for MNT. And, we won two out of three!!! To read more about Federal Legislation, please visit [http://www.dietitian.org/member\\_council\\_public\\_policy.htm](http://www.dietitian.org/member_council_public_policy.htm).

### Mark Your Calendars...

Public Policy Education Day: March 5, 2007 in Sacramento

Cost is \$65 or \$55 before 1/24/07.

Come and learn about public policy in CA and in DC and explore how public policy affects each of us and our jobs.

Help make sure that Medical Nutrition Therapy is included in any health insurance structures that are implemented.

Julianne Broyles and Mike Belote from California Advocates (our lobbying firm in Sacramento) will be speaking to us as well as committee chairs Heidi Kiehl, Kim Vagt and Joyce Ezaki-Yamaguchi.

We will present our Legislator of the Year Award to Senator Sheila Kuehl for her tireless efforts in trying to pass legislation that would provide healthcare for all Californians.

In the afternoon, we will visit the offices of legislators on key Assembly or Senate Committees. We want to build a relationship with them and offer our qualified services to assist them interpret legislation related to nutrition, food and fitness.

Please download the PPED Registration Form from the CDA website at

[http://www.dietitian.org/member\\_council\\_public\\_policy.htm](http://www.dietitian.org/member_council_public_policy.htm).

EVELYN TRIBOLE, M.S.,R.D. and  
ELYSE RESCH, M.S.,R.D.,F.A.D.A.

PRESENT

**INTUITIVE EATING WORKSHOP FOR PROFESSIONALS**  
"From Learning the Core Skills to  
Uncovering Hidden Nuances"

This hands-on interactive workshop by the original creators of "Intuitive Eating" will:

- Teach the 10 basic principles of Intuitive Eating
- Help you identify the transformation stages of Intuitive Eating
- Teach effective counseling skills for Intuitive Eating
- Help prevent the traps that get patients stuck
- Help you overcome your fears in implementing this process
- Teach you how to work with various age groups
- Offer experiential situations from real cases
- Provide an opportunity to trouble-shoot your own cases

*Upon completing this workshop, you will receive a certificate of completion, which will entitle you to be on our national referral list.*

**DATE:** Saturday, May 12, 2007

**FEE:** \$200 (early bird special by March 31<sup>st</sup>, 2007: \$175)  
Make check payable to:  
Elyse Resch, M.S.,R.D.,F.A.D.A.  
9478 West Olympic Boulevard  
Suite 304  
Beverly Hills, CA 90212

**LOCATION:** Sheraton Gateway Hotel  
6101 West Century Boulevard  
Los Angeles, CA 90045  
310-642-1111 or 800-325-3535

**SCHEDULE:** 9:00-9:30 Registration  
9:30-12:30 Morning session  
12:30-2:00 Lunch break (on your own)  
2:00-5:00 Afternoon session

## Ballot for 2007-2008 Executive Board

The Nominating Committee is proud of the slate of candidates for the 2007-2008 Executive Board. The candidates are all enthusiastic about promoting Registered Dietitians to the public as the nutrition leaders in Los Angeles, as well as being committed to providing quality education experiences and networking opportunities for the membership. The ballot was mailed to all members on January 10, 2007, and must be returned by March 1, 2007. Please cast your vote. Mail or e-mail your completed ballot to: Jacqui Saracino, RD 2617 Gemstone Ave. Palmdale, CA 93551, email: [jacquisar2@aol.com](mailto:jacquisar2@aol.com).

## Student-Mentee Program Accepting Applications

Attention dietetic students and interns! The California Dietetic Association/Los Angeles District (LAD) President-Elect Student Mentee Program is seeking applicants for the 2007 – 2008 year. The goal of this program is to develop and promote student involvement and understanding of the operation of the local dietetic professional association, LAD. This is an excellent opportunity to develop leadership and managerial skills and will be a valuable experience for your future education and career. The deadline to apply for this program is March 1, 2007. You can obtain more information and download the application at [http://www.dietitian.org/lad\\_career\\_guidance.htm](http://www.dietitian.org/lad_career_guidance.htm) or contact Colleen Ross, LAD Career Guidance Chair at [colleen.ross@va.gov](mailto:colleen.ross@va.gov).

## Congratulations To LAD's Newest Registered Dietitian

Megan Hammer passed the RD exam on October 7th, 2006. Way to go Megan!

## SAVE THE DATES!

### Saturday, February 10, 2007

**Topic:** Advocating for Nutrition in Los Angeles

**Time:** 9:00am - 12:00pm

**Location:** PHFE-WIC (Green Room), 12781 Schabarum Ave, Irwindale, 91706

**Speaker:** Matt Sharp, California Food Policy Advocates

### Wednesday, March 14, 2007

**Topic:** Introduction to Grant Writing

**Time:** 5:30pm-8:00pm

**Location:** VA Greater Los Angeles, 11301 Wilshire Blvd., Los Angeles, 90073

**Speakers:** Michael Prelip, DPA, MPH, CHES

### Wednesday, April 25, 2007

**Topic:** Cholesterol Updates

**Time:** 5:30pm-8:00pm

**Location:** VA Greater Los Angeles, 11301 Wilshire Blvd., Los Angeles, 90073

**Speakers:** Michael Richman, MD

To download the fliers visit the LAD website.

[http://www.dietitian.org/lad\\_home.htm](http://www.dietitian.org/lad_home.htm)

If you have any questions regarding the above events, please contact Joyce Nakashima, MS, RD, LAD President-Elect at [dttn2001@cs.com](mailto:dttn2001@cs.com).

## Making Our Profession Known

*By Mary Lou B. Marinas*

*LAD Chair of Marketing*

In recent months LAD has raised the effort to market the dietetic profession to the public. The Registered Dietitian's role is more important now than ever and it is LAD's goal to make sure the R.D. credential will make all the difference.

In order to envision the future of the Registered Dietitian we must take the initiative to make the dietitian's role known to the eyes and ears of the public. LAD is working to strengthen the visibility of the profession by establishing industry relationships through corporate sponsorship. Near the end of 2006, Gelson's

Markets became LAD's silver-level corporate sponsor providing the association with funds needed to host events, programs, and other necessary means of making the dietetic profession known.

This year the executive board created the LAD Marketing Committee. The goal of the marketing committee is to represent CDA-LAD and the dietetic profession through media coverage and industry relationships.

On Tuesday, January 30, 2007, LAD held the first **LAD Spokesperson and Media Training Workshop** at Saint John of God from 6:00 - 8:00 PM. The event was open to all LAD members of the marketing committee and all current members who were interested in joining the committee.

If you are interested in joining LAD's Marketing Committee or know a business you feel LAD should contact to potentially become a corporate sponsor contact Mary Lou Marinas, LAD Chair of Marketing, at [ML\\_Marinas@yahoo.com](mailto:ML_Marinas@yahoo.com).

## LAD Member Runs For ADA

LAD is proud to inform you that one of our members, Marty Yadrick MS, MBA, RD, FADA, is on ADA 2007 - 2008 ballot for President-Elect. Voting starts 2/1/07. Visit Marty's website at <http://www.marty4ada.com> for more information.

## Don't Make a Career Move Without Us

Jobs in Dietetics is the leading job listing service for nutrition and food service professionals, and an invaluable tool for anyone looking to begin their career or make a career move.

We feature over 1,200 nationwide listings a month in both online and print editions, many exclusive to Jobs in Dietetics!

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## CDA Annual Meeting In Oakland

The Annual CDA Meeting will be held in Oakland this year from April 19-21. Highlights include Dr. Rovenia Brock, America's most renowned African American Nutritionist, author of the national best-seller, "Dr. Ro's Ten Secrets To Livin' Healthy", and the host of a new health series: "Livin' Healthy With Dr. Ro".

LAD's Ellyn Luros-Elson will be signing copies of "Live Like You Mean It" on Thursday April 18, at the CDA Annual Meeting in Oakland. A portion of each purchase will be contributed to the CDA Foundation in support of the Foundation's mission to "promote optimal health and nutritional status of the public by supporting community outreach activities." For more information please visit the CDA website at [http://www.dietitian.org/member\\_annual\\_mtg07.htm](http://www.dietitian.org/member_annual_mtg07.htm).

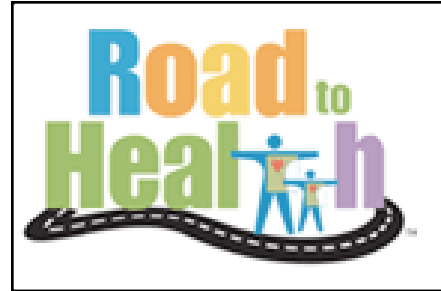
The LAD Newsletter is published quarterly by the Los Angeles District of the California Dietetic Association (CDA-LAD). LAD members receive the Newsletter as a membership benefit. **Send all editorial submissions, advertising correspondence, or change of address/email address/name to:** Jacqui Saracino, RD - LAD Administrative Assistant and to Mary Barbour - Newsletter Editor at the address or email address below. (Allow 4-6 weeks for the change to take effect). The deadline for editorial/advertising submissions is on or before April 15, 2007 for the Summer newsletter. Submissions received past the deadline cannot be guaranteed publication. Neither CDA-LAD nor the LAD Newsletter Editor assumes responsibility for statements made or opinions expressed in this publication.

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[http://www.dietitian.org/lad\\_home.htm](http://www.dietitian.org/lad_home.htm)



## Tavis Smiley Teams Up With LAD For National Nutrition Month

Los Angeles District of CDA (LAD) joins the Tavis Smiley Health & Fitness Expo called Road to Health™ on March 30-31, 2007 at the LA Convention Center. Road to Health™ presents FREE interactive health, wellness and fitness pavilions on cooking and nutrition, fitness, beauty and wellness combined with information packed seminars, medical screenings and referrals, live symposium discussion, celebrity guests, walk-a-thon, indoor and outdoor exercise activities, contests, and literature. Over 6,000 children ages 8-13 are expected to attend. For more information go to <http://www.roadtohealthtour.com>.

## LAD Internet Posting System

LAD HAS TWO METHODS FOR ADVERTISING  
**JOB OPENINGS OR EVENT NOTICES**

**LAD EMAIL POSTING SYSTEM  
LAD NEWSLETTER ADVERTISEMENT**

FOR MORE INFORMATION VISIT THE LAD WEBSITE  
[http://www.dietitian.org/lad\\_advertising.htm](http://www.dietitian.org/lad_advertising.htm)  
or contact  
[jacquisar2@aol.com](mailto:jacquisar2@aol.com)



## Executive Board 2006-2007

- ❖ **President: Monica Montes** ([monicamontes@sbcglobal.net](mailto:monicamontes@sbcglobal.net))
- ❖ **President-Elect, Education Committee Chair : Joyce Nakashima** ([dttn2001@cs.com](mailto:dttn2001@cs.com)) is setting up a fantastic set of worthwhile educational events to draw in new, current, and previous members.
- ❖ **Treasurer: Orville Bigelow** ([obigelow@gmail.com](mailto:obigelow@gmail.com)) is keeping a diligent watch over our LAD's financials and making sure we stay on track, monetarily.
- ❖ **Treasurer-Elect, Career Guidance Chair : Colleen Ross** ([Colleen.ross@med.va.gov](mailto:Colleen.ross@med.va.gov)) supports the Treasurer in managing the LAD financial business. Also, Colleen provides career guidance to mentors and mentees interested in achieving optimal learning experiences.
- ❖ **Administrative Assistant: Jacqui Saracino** ([Jacquisar2@aol.com](mailto:Jacquisar2@aol.com)) is our valuable advisor that keeps all of our heads on straight when we need assistance with our various projects. She also helps to ensure our success as an organization.
- ❖ **Website Coordinator, Newsletter Editor: Mary Barbour** ([mary@healthreader.com](mailto:mary@healthreader.com)) updates our LAD website and creates the newsletter. Our direct website address is [http://www.dietitian.org/lad\\_home.htm](http://www.dietitian.org/lad_home.htm)
- ❖ **Secretary: Cindy Young** ([cindymyoung@yahoo.com](mailto:cindymyoung@yahoo.com) or [ciyoung@ladhs.org](mailto:ciyoung@ladhs.org)) keeps accurate records of our EB meetings and discussions.
- ❖ **CDA Membership Council Representative: Jessica Seigel** ([eatwellla@yahoo.com](mailto:eatwellla@yahoo.com)) is our dedicated liaison with CDA and communicates pressing issues from CDA to LAD members.
- ❖ **ADA Delegate: Carol Sloan** ([cbergsloan@ix.netcom.com](mailto:cbergsloan@ix.netcom.com)) brings LAD members' concerns up to ADA and helps disseminate all pertinent information from ADA to LAD.
- ❖ **Committee Coordinators: Danielle Armstrong** ([daniellelein@hotmail.com](mailto:daniellelein@hotmail.com)) and **Mandy Graves** ([mgraves@chla.usc.edu](mailto:mgraves@chla.usc.edu)) assist and oversee the activities of our LAD committees.
- ❖ **Nominating Committee: Jane Wadell** ([Wadell89@sbcglobal.net](mailto:Wadell89@sbcglobal.net)), **Tunde Hrotko** ([throtko@yahoo.com](mailto:throtko@yahoo.com)), and **Rebecca Davids** ([rebeccasdavids@yahoo.com](mailto:rebeccasdavids@yahoo.com)) are currently searching for promising individuals to hold key leadership positions in LAD's future.
- ❖ **Membership Committee Chair: Karla Campbell** ([karla10k@yahoo.com](mailto:karla10k@yahoo.com)) ensures that we have smiling faces to meet and greet all who come to our registration/membership sign-up tables at each education events.
- ❖ **Fundraising Committee Chair: Suzanne Malamud** ([SuzanneMlmd@aol.com](mailto:SuzanneMlmd@aol.com)) is assisting the team with raising money to finance our operating costs. She is also coordinating with Monica and Orville to sponsor several social/networking events throughout the upcoming year.
- ❖ **Community Relations Coordinator: Maria Propp** ([mapropp@students.wisc.edu](mailto:mapropp@students.wisc.edu)) makes sure that LAD is seen and heard as the nutrition authority at local health fairs and community events.
- ❖ **Financial Committee Chair and Past LAD President: Edna Banayat** ([etbanayat@yahoo.com](mailto:etbanayat@yahoo.com)) is watching our budget to ensure that we stay in the black.
- ❖ **Publications Committee Chair: Janice Holm** ([jdholm@ucla.edu](mailto:jdholm@ucla.edu)) is diligently working with her team to responsibly optimize the usage of LAD's publication materials.
- ❖ **By-Laws Committee Chair: Jennifer Genens** ([Jennifer.Genens@lausd.net](mailto:Jennifer.Genens@lausd.net)) ensures that our procedures manual is accurate and up-to-date.
- ❖ **Awards Committee Chair: Joe Farar** ([joeyfarar@yahoo.com](mailto:joeyfarar@yahoo.com)) gathers ADA/CDA award nominations for well deserving individuals in various different recognition categories.
- ❖ **Public Policy Committee Chair: Shelly Lewis** ([shelly@phfewic.org](mailto:shelly@phfewic.org)) and **Nicola Edwards** ([nikkie296@hotmail.com](mailto:nikkie296@hotmail.com)) keep us up to date on dietetics-related public policy pressing issues.
- ❖ **Grants and Research Committee: Turusew Gedebu-Wilson** ([turusew@hotmail.com](mailto:turusew@hotmail.com)) and **Mandy Graves** ([mgraves@chla.usc.edu](mailto:mgraves@chla.usc.edu)) educate and provide opportunities for LAD members to writing and seek funding for nutrition-related grants.
- ❖ **Historian: Teresita Buenrostro** ([fitnutrition@adelphia.net](mailto:fitnutrition@adelphia.net)) documents through pictures, videos and print the actions and movements of the CDA-LAD EB for 2006-2007 to provide a year end video yearbook.