



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

"My Life is My Message"
- Mahatma Gandhi

The quote is powerful and thought provoking. I envision my peers, Registered Dietitians, and nutrition-related professionals. Our life IS our message. The nature of our profession is to nurture and empower - we help people reach and sustain a healthy lifestyle.

Events to Highlight:

- 1st Annual 1 Day Workshop "Complementary and Alternative Nutritional Therapies"
- 1st Annual Spokesperson Training
- 1st Annual Grant Writing

It is not an easy task and I'm constantly impressed by the creativity and dedication of dietitians in their careers. I realize I don't personally know the 7,000 Registered Dietitians in the California Dietetic Association, nor do I personally know the 467 LAD Members. What I do know, is that each time I meet a Registered Dietitian, a Diet Technician, and a student/intern studying nutrition I am inspired. It takes a unique individual to choose a career in Nutrition. I strongly believe not everyone can do what we do well - it is within a person's being and

heart. You are all essential, more now than ever before.

LAD Executive Board (LAD EB) knows this. This is our message. We are working diligently and without hesitation to promote nutrition, the dietetic profession, and our members. In our recent visit to the California Dietetic Leadership Training this past summer I was motivated by leaders at the state and local districts. We share a single vision to be part of the solution towards a healthy California.

In the past many allied healthcare groups have mentioned that dietitians are not aggressive enough or visibly active and that we are a passive group with little success in changing behaviors. We know this is not the case. Yet, we listened and we acted - we are part of the solution to a healthy California.

How do we accomplish changing a perception? We work in numbers. It takes a few Registered Dietitians to have a vision. It takes an entire organization to change a perception. This positive vision is exemplified by our LAD Membership Chair Karla Campbell whose hard work and dedication has enabled the LAD to surpass membership expectations within the **first three months** of our 2006-2007 calendar year. We currently have **467 LAD Members!**

Many accomplishments by LAD occur behind the scenes. Whether it be from Shelly Lewis

and Nicola Edwards who promote policy-making efforts and advocacy or to Jacqui Saracino whose tireless efforts keep LAD running efficiently or to our 1st Annual All Day Workshop Committee comprised of Orville Bigelow, Joyce Nakashima, Jennifer Genens, Mary Lou Marinas, Mandy Graves, Jimmy Wong and Sarah Debolt, LAD cares about promoting sound nutritional information on multiple levels.

You are invited to join us at any time! We are delighted to have you at an Executive Board Meeting, an educational event, a networking social, or an appointment with a legislator. We are here to support and promote our members and their endeavors.

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Update from the LAD Grants and Research Committee

By Mandy Graves, MPH, RD

This year LAD formed a Grants and Research Committee to write grants on behalf of our organization. We submitted our first grant proposal to the Los Angeles Collaborative for Healthy, Active Children and are awaiting their response. If the proposal gets funded, LAD will partner with Jordan High School in South Los Angeles to teach nutrition classes and to help the students put on a Health Fair. We will need volunteer help and we will also hire one or two people from LAD for the grant. We will keep you posted! Until then, if you have a great idea for a possible project or know of a grant opportunity you think LAD should apply for please contact your co-chairs Mgraves@chla.usc.edu or Turusew Gedebu-Wilson at turusew@hotmail.com.

2006-2007 Membership Surpasses Last Year's Totals

Karla Campbell, MS, RD

LAD Membership Outreach Chair

We are only four months into the 2006-2007 membership year and I am happy to announce that we have already surpassed last year's year-end membership totals. As of September 30, 2006, LAD has 467 members.

The quick increase in membership numbers was due in large part to a membership phone drive. During July and August, five volunteers and I called almost 200 past LAD members who had not renewed their membership. Nearly half of the people we called were interested in being part of LAD and requested the membership application. As a result, 54 people ended up renewing their membership. If you are reading this and we called you this summer, thank you for taking a few minutes out of your day to talk to us. It was truly a pleasure to reach out to our members. I would like to thank my phone drive volunteers Comfort Ogbunamiri, Katie Chapmon, Rachel Daniels, Kathy Sol-tani, and Jimmy Wong. Without you the huge increase in membership would not have happened.

People who weren't interested in renewing their LAD membership either had moved/were moving out of the area or they lived on the outskirts of Los Angeles County, where we unfortunately don't have enough members to hold events. There were also people who told us that they were too busy to attend our events or didn't have time for LAD anymore. If you feel this way every once in a while, keep in mind that even when you cannot attend an LAD event, you still benefit from your membership because we are advocating for the strength of our profession. I would like to hear from you if you are unsatisfied with LAD or have ideas about how we can make our organization even better. Please email me anytime at karla10k@yahoo.com.

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.

Dining Club Event

The LAD dining club is back in effect. The members thoroughly enjoyed the Indian fare at Woodlands Indian Cuisine in Artesia. This restaurant offers giant-sized dosas, steamed rice cakes, oniony porridge pancakes, mung-bean crepes, and many other tasty dishes in a buffet style setting. If a picture speaks a thousand words then it's telling me that the food here is delicious.

All members are welcome to break bread, or in this case dosas, with the LAD dining club. Please join fellow LAD members as we enjoy restaurants in the Los Angeles area. For more information e-mail Cindy Young-ciyoung@ladhs.org. Woodlands - Pure Vegetarian South Indian Cuisine, 11833 Artesia Blvd, Artesia, Ca 90701.



Congratulations to Our New RDs

Jennifer Genes, MS, RD

LAD is here to support all of our members and promote the Registered Dietitian as the leaders in Nutrition. LAD EB wishes to recognize members who have recently passed the RD exam and have become Registered Dietitians.

- ❖ Karla Campbell
- ❖ Sarah DeBolt
- ❖ Aiko Nakakihara
- ❖ Sunny Shahinian
- ❖ Michiko Ishihara
- ❖ Alison Kelley
- ❖ Julie Miller
- ❖ Vivian Lau
- ❖ Carolina Maldonado
- ❖ Jimmy Wong

Congratulations on a job well done. We are happy to grow our profession and welcome you as Registered Dietitians. All LAD members, especially those who have recently passed the RD exam are welcome and encouraged to utilize the Professional Career Guidance Program. If you have recently passed the RD exam and wish to be acknowledged, please send an email to Mary Barbour, LAD Newsletter Editor (mary@healthreader.com) or Jennifer Genes (jgenes@aol.com).

Don't Make a Career Move Without Us

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After the Diet: Hormones, the Brain, Appetite, and Chronic Disease

Saturday, January 27, 2007

Marina del Rey

Instructor: **Monika M. Woolsey, MS, RD**

- How is your client's bipolar disorder affecting his diabetes control?
- Which psychotropic medications may cause significant hyperlipidemia?
- How does binge eating influence chronic pain and infertility?
- Do you know why vegetarians might be at greater risk for depression than nonvegetarians?
- What sources of fish oil, if any, can you recommend to a pregnant woman with a history of depression?

For information please visit www.afterthediet.com, email monika@afterthediet.com, or call 623.486.0737. This program provides 6 CPE credits for registered dietitians and diet technicians.

SAVE THE DATES!**November 2006****Saturday, November 4, 2006**LAD's 1st All-Day Workshop
"Complementary and Alternative Nutritional Therapies"

Speakers: Diana Noland, RD,MPH, CCN; Leslie Kay, MS, RD, CCN; Lisa Fillis, ND; Lauren Feder, MD

Time: 9am-4:30am

Location: Cal State University, Northridge

December 2006**Saturday, December 2, 2006**

LAD Sponsored Event

Topic: Holiday Cuisines of the World

Time: 9:00 AM - 12:00 PM

Location: St. Joseph Medical Center, 501 S. Buena Vista St., Burbank, CA 91505

January 2007**Wednesday, January 24, 2007**

LAD Sponsored Event

Topic (pending): Updates in GI Nutrition

Time: 5:30 PM - 8:00 PM

Location: VAGLA, 11301 Wilshire, L.A., CA 90073

February 2007**Saturday, February 10, 2007**

LAD Sponsored Event

Topic: Legislation & Workshop

Time: 9:00 AM - 12:00 PM

Location: PHFE-WIC, Green Room, 12781 Schabarum Ave., Irwindale, CA 91706

To download the fliers visit the LAD website.

http://www.dietitian.org/lad_home.htmIf you have any questions regarding the above events, please contact Joyce Nakashima, MS, RD, LAD President-Elect at dttn2001@cs.com.**LAD Event***A Different Approach to Eating Disorders in Adults*

On Wednesday October 18th Dr. Susan Shapiro, a Licensed Psychologist and a Registered Dietitian, discussed eating disorders. She covered topics such as the emotional need for food in adults, how food is an "addictive" substance, the difficulties of changing this addictive behavior, the similarities and differences between the various types of eating disorders, and techniques to facilitate successful dietary and behavior changes in adults. The event was held at the VA Greater Los Angeles.

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

or contact

jacqui2@aol.com

Attention dietetic professionals and practitioners. LAD's career guidance program is always seeking career advisors to help other LAD members explore their career interests and provide advice in the numerous fields of dietetics. We are actively seeking advisors in the areas of: consulting, private practice, research, sports nutrition, and entrepreneurship. Help give back to the profession by becoming an advisor and offering advice to other dietetic students and professionals. Please contact Colleen Ross, LAD Career Guidance Chair at colleen.ross@va.gov if you are interested.

Community Outreach

Mascha Anne

Chair of Community Outreach

On Sunday September 24th LAD participated in the Community Health Fair at Smyrna Adventist Church. Three volunteers came out to help on this steamy summer day. They are Isis Hernandez, Eloise Bradshaw O'Donnell, and Aline Kotikian. The fair was successful and many individuals and families stopped by the LAD table. The food models were especially popular with both kids and adults alike. Everyone really appreciated being able to see what an actual serving size looked like. A big thank you to the volunteers and everyone who helped out!

Treasurers' Report for Fiscal Year: June 1, 2005 to May 31, 2006

Jane Waddell, RD

Beginning Balance: \$ 14,039.38

Total Income: 18,383.77

Membership Dues	45%
Meetings & Seminars	30%
Email & Newsletter Ads	5%
Fund Raising	9%
Corporate Sponsorship	5%
Publication Sales	2%
Label Sales	1%

Total Expenses: 17,728.61

Meetings & Seminars	36%
Office Operations, Accountant, Tax Filing	49%
Officers & Board Meeting Expense	6%
Newsletter, Directory, Membership Brochure	5%
Website	3%
Publication	0.5%
Community Outreach	0.5%

LAD Member Publishes New Book

It's time to put yourself in the driver's seat!

Find out about the newest approach to attaining success and fulfillment in the new book "Live Like You Mean It!" by Ellyn Luros-Elson, Chairman & CEO of Computrition, Inc. and Ken Wasco, Senior Marketing Manager and "Chief Catalyst" for Gordon Food Service. Rev your engines and become the driver for your road of life!

The book may be purchased on Amazon.com (www.amazon.com) or at Helm Publishing by visiting www.helmpublishing.com.



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 February 15, 2007 for the Spring 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

Executive Board 2006-2007

- ❖ **President: Monica Montes** (monicamontes@sbcglobal.net)
- ❖ **President-Elect, Education Committee Chair: Joyce Nakashima** (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) 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) 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) 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) updates our LAD website and creates the newsletter. Our direct website address is http://www.dietitian.org/lad_home.htm
- ❖ **Secretary: Cindy Young** (cindymyoung@yahoo.com or ciyoung@ladhs.org) keeps accurate records of our EB meetings and discussions.
- ❖ **CDA Membership Council Representative: Jessica Seigel** (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) brings LAD members' concerns up to ADA and helps disseminate all pertinent information from ADA to LAD.
- ❖ **Committee Coordinators: Danielle Armstrong** (daniellelein@hotmail.com) and **Mandy Graves** (mgraves@chla.usc.edu) assist and oversee the activities of our LAD committees.
- ❖ **Nominating Committee: Jane Wadell** (Wadell89@sbcglobal.net), **Tunde Hrotko** (throtko@yahoo.com), and **Rebecca Davids** (rebeccadavids@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) 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) 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) 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) is watching our budget to ensure that we stay in the black.
- ❖ **Publications Committee Chair: Janice Holm** (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) ensures that our procedures manual is accurate and up-to-date.
- ❖ **Awards Committee Chair: Joe Farar** (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) and **Nicola Edwards** (nikkie296@hotmail.com) keep us up to date on dietetics-related public policy pressing issues.
- ❖ **Grants and Research Committee: Turusew Gedebe-Wilson** (turusew@hotmail.com) and **Mandy Graves** (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) 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.