



December 2006

Newsletter

Message from the President

In this issue...

- 1 Message from the President
- 2 DDA Board of Directors
- 3 Committee Updates
- 4 Look Who's New to DDA
- 5 CDA and ADA News
- 5 Upcoming Meetings

Greetings Denver Dietetic Association Members!

We are off and running with half of the year already behind us! We began the year with our 2nd Annual DDA Kickoff event in September at the Denver Botanical Gardens (organized by Traci Thompson). President-elect, Carrie Schroeder McConnell, planned some outstanding meetings in October and November covering the topics "Promoting Your Profession" and "Supporting Breastfeeding Initiation and Duration." The spring line up promises to be just as informative so remember to check out the 2007 calendar.

Mission Statement

Question: If you don't know where you are going, how will you ever get there?

Answer: You won't!

With this earth-shattering truth, DDA determined that we need to have a mission that all our activities surround and are related to...to give us focus. Our official mission statement is:

"The Denver Dietetic Association is dedicated to supporting and advocating dietetic professionals through education, public relations and leadership development so that the public may rely on and seek out Registered Dietitians (RD) and Dietetic Technicians, Registered, (DTR) as the nutrition experts in all areas of health and well being."

(continued on page 2)

"The Denver Dietetic Association is dedicated to supporting and advocating dietetic professionals through education, public relations and leadership development so that the public may rely on and seek out Registered Dietitians (RD) and Dietetic Technicians, Registered, (DTR) as the nutrition experts in all areas of health and well being."

2006-2007 DDA Board of Directors**Immediate Past President**

Traci A. Thompson
tracithomp@gmail.com

President

Shana Patterson
Shana@registered-dietitian.com

President-Elect

Carrie Schroeder McConnell
cariemcconnell@aol.com

Meeting Planning

Jennifer Weddig
weddig@mscd.edu

Secretary

Nikki Withrow-McDonald
nawithrow@comcast.net

Treasurer

Colleen Doherty
colleendoherty@juno.com

Nominating Committee

Jan Bodnar (Chair)
jjaabodnar@msn.com

Andrea Rougé
arouge@ofl.org

Patricia Reyes
patricia.reyes.@ci.denver.co.us

Newsletter

Laura Brieser-Smith
hlthysign@aol.com

Public Relations Committee

Suzanne N. Brown (Chair)
mntnbrowns@msn.com

Mona Treadwell
mrosene@yahoo.com

Membership

Robyn Wearer
Robyn.Wearer@uchsc.edu

Allied Health

Kelly Taubeneck
ktaubeneck@yahoo.com

Policies, Procedures, and Bylaws

Valerie Siebert-Thomas
valsthomas@yahoo.com

Regulatory

Deborah Smith
jonesmith43@msn.com

Student Representative

Anna Willis
amillermt@hotmail.com

Fundraising

Traci A. Thompson
tracithomp@gmail.com

DTR Representative

Tracy Binol
t.binol@comcast.net

Message from the President

(continued from page 1)

DDA Involvement

If you have been a member of DDA for the last several years, hopefully you can feel the winds of change blowing through the association, even if you do not know exactly how to describe what that change may be...Maybe I can help give voice to this by sharing my vision for DDA... (Dare I say "I have a dream?")

It is my desire, and truly the desire of DDA leadership

- o To have an association that is professional yet welcoming at the same time.
- o That DDA begins to carry a stigma of "a place to be and be seen" if you are in the dietetic profession.
- o That we learn what it means to be a community of nutrition experts as opposed to soloed-individuals.
- o For RDs and DTRs to be supported by one another, not just professionally but personally.

How can you be more involved?

I would like to ask every RD, RD-eligible and DTR two things:

- 1) Invite at least one dietetic professional to join DDA this year, and
- 2) Donate just 2 hours of your time this year to DDA activities. In order for us to be a stronger association, we need to multiply our strengths (add members) and give of our own expertise (time). I know that we are all overwhelmed with time-commitments and responsibilities...that is why I am only asking for 2 hours out of 8,760 possible hours this year! Please feel free to contact me directly or any one of our Board Members to find out about the spot that only you can fill! Look at it this way...if everyone DOES get at least one person to join, then you only need to give up ONE hour for the year!

I am looking so forward to seeing all of you and hopefully even getting to know you a little better in the upcoming year. May this Christmas and Holiday Season fill you with JOY!

Much Peace,

Shana

Fundraising Committee

Thank you again to everyone who participated in the Denver Dietetic Association silent auction at the October membership meeting. The auction was a fabulous success – raising \$400, which will go to fund ongoing member benefits! The fundraising team has two more activities planned for the year:

- We have consulted with a graphic designer and printer to make shirts for the association. The plan is to have two shirt styles – a tank and a denim long sleeve. The purpose of this project is two-fold, 1) to raise funds for the DDA, and 2) to have a unique public relations tool that we can take with us anywhere... to the gym, to work, to the park... etc! We hope to have the shirts available at the January meeting.
- In the spring we will be offering *Premier Designs* jewelry catalogs to members for fundraising purposes. Members will be encouraged to show the catalog to close family members, friends and co-workers. A great way to buy for birthdays, mother's day, etc, while also helping out the DDA! The jewelry is so affordable and beautiful; it will not be a hard sell! Go to www.premierdesigns.com for more information about the company or to order a catalog online. The *Premier Design* representative who will be assisting us throughout this sale will be donating **30% of all sales** to our association! More info will be coming in January or February regarding this fundraiser.

If you have questions or comments... please contact Traci at tracithomp@gmail.com or 303) 205-0546.

Nominating Committee

Would you like to get involved with DDA?

We are always looking for enthusiastic members!

If you are interested in being on the Board or Nominating Committee next year, please let us know! Want to know more?

Please contact or introduce yourself to the hard working nominating committee!

Andrea Rougé

Email: arouge@ofl.org

Phone: 3/892.8480



Patricia Reyes

Email: patricia_reyes_3@msn.com

phone: 3/326.8614



Look Who's New to DDA



Athena Towns, MS, RD, LD

I received my Master's of Science degree in Nutrition from Texas Woman's University and my Bachelor's of Science degree in Food and Nutrition from Florida State University. Prior to moving Colorado in March of 2006 I was actively involved in both the San Antonio Dietetic Association as Legislative Chair and the Texas Dietetic Association (TDA) State Legislative and Public Policy Chair, and also served as a member of TDA's Public Policy Committee. In addition to my new role as Editor for the Prospector, I am a member of CDA's Public Policy Team and DDA's Public Relations Committee. I am the Clinical Nutrition Manager at Sky Ridge Medical Center in Lone Tree.

CDA and ADA News

CDA Peer Recognition

The Colorado Dietetic Association would like to know.....

Do you know a peer who deserves recognition?

Name:

Title:

Workplace:

What did they accomplish?

What is your name and relationship to this person?

Information should be sent to Valerie Siebert- Thomas at valstthomas@yahoo.com

ADA Foundation Awards

The application deadline for ADA Foundation awards is February 1, 2007. Awards are available to all ADA members.

Award applications can be found on the ADA Foundation Web site, www.adaf.org by clicking on Awards and Grants.

Contact Tecla Coleman-Sloan at togc74@hotmail.com for more information.

Upcoming DDA Meetings

Tuesday, January 16, 2007

6:30-8:30 pm "The Nutrition Care Process: What It Is & Where to Begin"

Presented by: Vicki Emch, MS, RD

Location: Presbyterian/St. Luke's Medical Center

Tuesday, February 20, 2007

6:30 – 8:30 pm "Communications Training: Tips for a Great Platform Presentation"

Presented by: Mary Lee Chin, MS, RD

Location: Johnson & Wales University

Tuesday, March 20, 2007

6:30-8:30 pm "What Schools Are Doing To Promote Healthy Kids in Colorado"

Presented by: Joan Brucha & Shana Patterson

Location: Cherry Creek Athletic Club

Tuesday, May 15, 2007

6:30-8:30 pm "Integrating Herbal Medicine into Clinical Practice for Dietitians"

Presented by: Linda White, MD

Location: Wild Oats

- ☆ **Each meeting is free with DDA membership, \$20 for professional non-members and \$10 for student/intern non-members**
- ☆ **All meetings include a light dinner and beverages**
- ☆ **RSVP to DDARSVP@hotmail.com**

Other Upcoming Meetings

2007 Pediatric Nutrition Symposium: Meeting Today's Challenges and Opportunities

April 25-27, 2007

Adam's Mark Hotel in Denver, CO

The Pediatric Nutrition Practice Group (PNPG) invites you to enhance your skills in providing medical nutrition therapy and understanding of a number of emerging pediatric nutrition issues including newborn screening, breast milk feedings, growth and feeding assessment in infancy, the nutrition care process, and family perspectives. The target audience for this symposium is dietetic practitioners working with pediatric patients and their families in hospital and community settings.

Twelve CPEs will be available for this symposium. There are discounted registration fees for early registration and for PNPG members.

Go to www.pediatricnutrition.org for the Pediatric Nutrition Symposium brochure and registration form. Questions? Please contact Cathleen Connolly at ccpnpg@earthlink.net

Colorado Dietetic Association Annual Meeting

April 12 - 13, 2007

Denver West Marriott in Golden, CO

Info of Interest



**Looking for a way to get plugged into the community?
Need more experience in the field of Nutrition Education?
Want to share your knowledge with those who greatly need it?**

Operation Frontline Colorado's mission is to end childhood hunger in Colorado. Help be a part of this vision by donating some of your time and professional expertise.

We are looking for Registered Dietitians (or registration eligible, students) to teach our nutrition courses one time a week for six consecutive weeks.

Class curriculum and training is provided, and you will work side by side with a volunteer professional chef and an OFL staff member. Each class is approximately two hours with a cooking lesson (taught by our chef) and a nutrition education lesson. Plan to volunteer about 4 hours a week, which includes preparation, drive time, class time, and clean up.

Please contact Andrea Rougé RD, Program Coordinator at arouge@ofl.org or by calling 303.892.8480.

Tips for Keeping New Year's Resolutions

It is time once again for nearly 100 million Americans to make their New Year's resolutions. While we all start out with good intentions, on average only 63% of people are keeping their resolutions after two months. Here are a few tips to help you and your clients keep their resolutions alive and well all throughout 2007.

1. Be realistic with your goals. Setting goals that are too lofty and unattainable is a sure way to set yourself up for failure. Making too many changes at once can also be difficult. Also, make sure your goal is something you can comfortably live with long-term, rather than it being only a short-term fix.
2. Be specific with your goals. It is harder to measure your level of success with a general goal than with a specific one. For example, you it is hard to define "eat a healthy diet," but easy to measure "eat 5 servings of fruits and vegetables each day."
3. Spend time thinking through your goals. Decide what tools you will need to accomplish your goals. Make sure you have all the pieces in place before you commit to making the change.
4. Create a plan for dealing with getting side tracked. When you start to notice your enthusiasm waning or you begin to feel tempted to slip back into old behavior patterns, what will you do?
5. Let others know what you are trying to accomplish. Tell family, friends, and co-workers who can help support your resolve to change. You may even find those people will want to join you in your efforts!
6. Keep track of your progress. Because change is often gradual and slow, you may fail to see how well you are doing in moving toward the larger goal. Keeping a journal can highlight the progress you have made.
7. Be patient with yourself. You may feel you should make a total transformation overnight, but change takes time. Experts say it takes about 21 days for a new activity to become a habit, and 6 months for it to become part of your personality.
8. Be positive about your accomplishments. Reward your successes by treating yourself to something you enjoy. Also, don't beat yourself up over the occasional "slip." If you find yourself straying off course, you can always start over again!

