



## President's Corner

### Elaine Wallace, RD, LD, CDE

#### Unite for Diabetes

November is American Diabetes Month. November 14 is World Diabetes Day. Two days later, November 16 is the **first** joint meeting of the Austin Dietetic Association and the Bluebonnet Chapter, local chapter of the American Association of Diabetes Educators (AADE), here in Austin.

In recognition of diabetes, I invite you to understand diabetes and support World Diabetes Day (WDD). World Diabetes Day is the primary global awareness campaign of the diabetes world led by the International Diabetes Federation. I encourage you to visit <http://www.worlddiabetesday.org/> to learn about Unite for Diabetes campaign, why the 2006 United Nations Diabetes Resolution was necessary, and the significance of the blue circle logo and campaign activities.

I am excited that the City of Austin has joined in **Light a Monument**, one of the campaign activities to “bring diabetes to light”. Monuments and iconic buildings around the world will light up in blue to mark World Diabetes Day. So, check out the night sky of Austin on November 14 to see the following buildings: City Hall of Austin, The Austonian, Bob Bullock Museum, GSD&M agency, Capitol Tower, and the Monarch displaying their support in blue. The aim of 2009 is to exceed the 1,107 monuments and buildings in blue from 2008.

**The virtual candle:** In joining the City of Austin and the diabetes community in supporting diabetes education and prevention, AustinDA will host a WDD virtual candle banner. On November 14 [www.EatRightAustin.org](http://www.EatRightAustin.org) will give our visitors the opportunity to light a virtual candle and join the global diabetes awareness campaign. Visit [www.EatRightAustin.org](http://www.EatRightAustin.org) for the month of November to view our support. Thinking forward to 2010, I would like for each of you to consider what AustinDA can do to strengthen our participation in this event.

I am also very excited about the first joint meeting of two professional organizations- two organizations that make a serious impact to the management of diabetes. This is a wonderful and unique opportunity for members of both organizations. I look forward to seeing you November 16.



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## Austin DA Member Spotlight—Kylie Bentley, RD/LD

We have a great story about one of our members, Kylie Bentley, taken from the Westlake Picayune, Thursday October 22, 2009. Kylie is also a Certified LEAP Therapist.

Please visit the link listed below to read all about Kylie's position at HEB! Great story!

[http://eatrightaustin.org/images/Nov\\_2009\\_Supplement.pdf](http://eatrightaustin.org/images/Nov_2009_Supplement.pdf)

Kylie is also noted in November 2009 *AUSTIN FIT* magazine article "*Is Your Food Making You Sick?*".

Thanks Kylie!

# 15 Ways To Know You're a Dietitian

- 1) When you run into friends at the grocery store, they strategically eyeball the contents of your shopping cart.
- 2) When you go out to eat, your party waits to see what you order.
- 3) If you have ever dreamt about calories, the FGP, Krebs's cycle, etc.
- 4) When someone finds out you're a dietitian, you have to hear what they've eaten for the past two weeks.
- 5) You can blame anything on food: "Oh, you're not getting enough \_\_\_\_."
- 6) You can solve anything with food: "Oh, you just need some \_\_\_\_."
- 7) You special order at every restaurant!
- 8) You're either hyper-organized or super un-organized!
- 9) You would be rich if you had a quarter for everytime you've explained to a patient that you didn't cook their food.
- 10) You share the same name as the jr. high school cafeteria workers: "The Food Lady" for John maybe "Food Dude"?
- 11) People that eat around you start out by saying "I know it's bad".
- 12) You have to make special trips for treats because you wouldn't dare keep any at home.
- 13) You look at others' plates and immediately do a calorie count.
- 14) You duck, in attempt to conceal your identity, if you ever drive or ride through a drive-through.
- 15) You keep family and friends from eating anything that has been in the "danger zone".

## Career Opportunities

There is a great resource of job opportunities listed on the Austin Dietetic Association website.

Visit <http://www.eatrightaustin.org/membersonly/jobpostings.html>

Don't forget networking at the Austin Dietetic Association Meetings.....introduce yourself to someone new next meeting. You never know where that may take you.



## Meeting Handouts

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Are you missing any meeting handouts?

Handouts from the monthly member meetings can be found at <http://eatrightaustin.org/membersonly/membermeetings.html>

## CEU's / Meetings / Events

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During the week of November 9, both Whole Foods stores in Austin will be celebrating a **Gluten-Free Week**. There will be gluten-free store tours, product tastings, recipes and more. November 12 there will be a special gluten free food and wine pairing event at the Culinary Center (reservations required).

You can also get more information regarding gluten-free at the Gluten Intolerance Group website...

<http://www.alamoceliac.org>

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### Healthy Kitchens, Healthy Lives

Continuing medical education program co-presented by The Culinary Institute of America and Harvard Medical School. Next course is offered March 18-21, 2010 at the CIA campus in St. Helena, CA.

It combines up to date science on nutrition, fitness and mindfulness with culinary training.

For more information..... <http://www.healthykitchens.org>

## CEU's / Meetings /Events continued

### Pediatric and Neonatal Dietitians of Austin (PANDA)

Fall 2009 Meeting—"New WIC Food Packages" Wednesday, November 11, 2009—4-6pm  
Seton Administrative Office Building 1345 Philomena Street (In the St. Vincent de Paul East Auditorium)



For more information, contact Yvonne Martinez at [Yvonne.Martinez@ci.austin.tx.us](mailto:Yvonne.Martinez@ci.austin.tx.us) or (512) 972-6847

### Recognizing Opportunities to Improve Diabetes Care: A Multicultural Perspective

In recognition of World Diabetes Day, Novo Nordisk invites you to participate in its third annual nationwide satellite broadcast. This live event will be held in 60 cities simultaneously on Thursday, November 12, 2009.

The broadcast will feature three internationally recognized experts discussing the opportunities in treating patients with diabetes from various cultures.

You will have the opportunity to actively participate via an audience-response system and a live, nationwide question-and-answer session. If there is no live programs in your area, you can participate via webcast from your computer.

Novo Nordisk is pleased to offer you this opportunity to participate in this live education event. Go to: [www.wddregister.com](http://www.wddregister.com)

## Miscellaneous

Thanks to all who attended and gave valuable feedback to Linda Farr, RD, LD (Texas Affiliate Delegate ).

**Members**...please remember you too can submit an article for the next newsletter. The deadline for the next newsletter submission is **November 30**. Thanks for reading/keeping up to date with the newsletter.

Please send correspondence to [newsletter@eatrightaustin.org](mailto:newsletter@eatrightaustin.org) . Remember, this is YOUR newsletter!

## **We CAN Do It! Help Austin's Hungry--Help Us at the next meeting--Bring canned foods to help meet goal!**

Nutrition Students Organize Food Drive, Raise Awareness

By Kelley Schall

It is difficult to ignore the fact that many individuals in the United States are going hungry. This is a trend that hits close to home in our state, as Texas ranks third for the highest rate of food insecurity. In Austin alone, seventeen percent of the population lives below the poverty line, putting them at high risk for food insecurity. These may be familiar statistics for those of us in the dietetic field. However, many individuals are still unfamiliar with the term "food insecurity". This semester, University of Texas students from Jane Tillman's, MS, RD Community Nutrition class are doing their part to help.

The class will enlist help from the University's Nutrition and Wellness Association in organizing a campus-wide food drive to benefit the Capital Area Food Bank. The food drive is part of a semester-long project intended to increase college students' awareness of food security within the Austin community. The project is designed to give nutrition students practical experience in the field of community dietetics by following the stages of assessment, program planning, intervention, and evaluation. Currently, the class is planning the intervention, which will lead to the food drive the week of November 16.

**As a student from the class and new Austin Dietetic Association member, I am excited to enlist your help. We will be collecting donations of canned food and non-perishable items at the next general meeting on November 16<sup>th</sup>. Please bring your extra cans and help us reach our goal of collecting one thousand pounds of food! If you are unable to bring an item to the meeting, we will provide cans of tuna to donate on your behalf for one dollar. Any help will be greatly appreciated.**



Please join the Austin DA for a **holiday happy hour celebration** on Tuesday, **December 1** at **Vino Vino!** Happy Hour is from **5:30pm-7:00 pm** with half-price appetizers; please come and go as you are able!



Vino Vino Wine Bar  
4119 Guadalupe St  
Austin, TX 78751

<http://vinovinotx.wordpress.com/>

\*on Guadalupe near 41<sup>st</sup> St. intersection

NOVEMBER 2009 NEWSLETTER

Austin Dietetic Association  
PO Box 4632  
Austin, TX 78765-4632

*Mission: The mission of Austin Dietetic Association is to promote optimal nutrition and well-being for all people by advocating for its members.*

*Vision: Austin Dietetic Association members are the leading source of food and nutrition services.*

We're on the Web!

<http://www.eatrightaustin.org>

**Upcoming Austin DA Meetings at a glance:**

*November meeting: **November 16, 2009***

*Time: 5:30-8pm*

Topic: *New Developments in Byetta*

Speaker: *Dr. Thomas Blevins (\*joint meeting w/the Bluebonnet Chapter of AADE).*

Location: *McFadden Auditorium, Seton Medical Center*

*1201 West 38th Street Austin, Texas 78705*

*January meeting: **January 13, 2010***

*Time: 5:30-8pm*

Topic: *Food Safety Rules (Serv Safe) and Other Developing Food Safety Concerns and Food Policy and Politics.*

Speaker: *TBD*

Location: *TBD*

*Look ahead for more planning in 2009 on the website to save the dates.....*

<http://www.eatrightaustin.org/eventcalendar.html>

## What Drew YOU to Dietetics?

*What drew you to dietetics? Do you have any thoughts or experiences you want to share? Tell your colleagues what drew you to dietetics. Was it a relative, a summer can experience, your strong love of food or just the hard science of it? We invite you to share your thoughts and experiences that drew you to dietetics. Remember, we don't succeed in anything unless we have fun doing it. Your responses will appear in future newsletters. —Elaine Wallace*

*Please send responses to [newsletter@eatrightaustin.org](mailto:newsletter@eatrightaustin.org)*