



Austin Dietetic Association

President's Corner Elaine Wallace, RD, LD, CDE

Farewell Message from the President

May 2010

Energy is the essence of life. Every day you decide how you're going to use it by knowing what you want and what it takes to reach that goal, and by maintaining focus. – Oprah Winfrey, O Magazine, July 2003

This is my last issue as President of Austin Dietetic Association. It has been a wonderful experience *and* honor for me to work with so many outstanding colleagues committed to meaningful tasks and projects. When I began the job in June 2009, I had no special agenda other than what I stated in my first newsletter. I felt strongly that raising visibility of AustinDA's members while strengthening and positioning our organization for the future was very important. I also thought it was very important for AustinDA members to realize and understand the unique place they have in the Texas dietetic community. AustinDA members are associated with the most desired city in the state and one of the most desired places to live in the nation. In our great state of Texas AustinDA has had the reputation of being a place of movers and shakers.

Behind the drive to serve our profession, complete our projects and fulfill our roles is a shared passion to promote optimal nutrition and well being for all people by advocating for it members – and passion is truly the fuel that energizes. Highlighting the past 12 months AustinDA has provided its members with seven CPE opportunities, many more networking opportunities, excellent guest speakers, a new website with potential for growth, scholarship, new directory, accepted the March 10th RD Day Proclamation from the Mayor of Austin, participated in legislative planning, promoted RDs to the public with media spots and local events, such as, Austin's Farmers Market and Central Market Active Life Block Party Event, and many more.



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Never Too Early To Plan For 2010-11 Membership!

Austin Dietetic Association Membership

District Boundaries

According to the Texas Dietetic Association (TDA), the district boundaries of the Austin DA includes...Hays, Blanco, Llano, Burnet, Williamson, Lee, Fayette, Caldwell, Gonzales, Bastrop and Travis.

Why should you become a member of the Austin Dietetic Association?

- Access to online job and volunteer postings
- Networking and Fun with fellow members
- Good (free) food provided at meetings
- Continuing Education opportunities
- This monthly newsletter!
- Weekly email updates keeping you up to date with what is going on in the community
- Advocacy and wellness
- Up to date nutrition information
- Social time with friends you only see at Austin DA meetings

Who should become a member? YOU!

Any paid member of American Dietetic Association (ADA) qualifies you to become a member of your local dietetic association.

We have several membership levels including..Active, Retired TDA, Student, Honorary and International. The membership form is included in this newsletter or you can find it online on the AuDA website.... <http://www.eatrightaustin.org>

Membership fee is \$25 until the first meeting in September. Send in you form and payment early to avoid any late fees.

Make checks payable to Austin Dietetic Association.

Austin DA Membership

\$25

Advertised in May 2010 Newsletter

Austin Area

Good for 1 membership

Expires September 2010 No copies please

AUSTIN DIETETIC ASSOCIATION

2010 – 2011 Membership Form

Directory Information

Returning Member

New Member

RD, LD, BS, MA, MS, MPH,

Name _____ PhD, FADA, EdD, CNSD, CD

Home Address _____

Street, City, Zip _____

Phone _____

E-mail Address _____

Employer _____

Job Title _____

Phone (work) _____

ADA# _____ LD# _____

(these numbers will not be published)

Primary Area of Practice:

Foodservice Management

Clinical

Community/Public Health

Government/State

Research/Education

Pediatrics/Neonatal

Culinary

Sales

Consultation/Private Practice

Business

Please see reverse side for dues information.

Membership Category (see reverse) _____ Amount \$ _____

Early Bird Discount: \$5 off Membership Dues prior to first September meeting

Fund Contribution(s) (see reverse) _____ Amount \$ _____

Total Amount Enclosed

Amount \$ _____

Make checks payable to *The Austin Dietetic Association* and mail to:

The Austin Dietetic Association

Attention: Secretary/ Treasurer

PO Box 4632

Austin, Texas 78765-4632

FUND CONTRIBUTION(S):

_____ **Texas Dietetic Association Political Action Committee (TDA PAC)** – these funds are used to support TDA in maintaining and promoting our positions in the legislative system, for travel of expert witnesses (RD's) giving testimony, and for legislative related copying and mailing. NOTE: this check should be made out to TDA PAC.

_____ **Austin Dietetic Association Scholarship Fund** – A \$500 scholarship given each year to a student enrolled in the UT Coordinated Program in Dietetics or Texas State at San Marcos Dietetic Internship program.

_____ **Texas Dietetic Association Foundation (TDAF)** – Money donated to the TDAF is used for scholarships given by TDAF to selected Texas dietetics students each year. NOTE: this is a tax deductible contribution if the check is written separately to TDAF.

***If you wish to contribute, please indicate fund and amount on the front of this form.**

CATEGORIES OF MEMBERSHIP

<p>\$25.00 (postmarked on or before first Sept. meeting of the year)</p> <p>\$30.00 (postmarked after first Sept. meeting of the year)</p>	<p>Active</p> <p><i>(Eligible to vote)</i></p>	<p><i>Paid member of ADA and an individual holding a baccalaureate degree from a regional accredited college or university, and one or more of the following criteria:</i></p> <ul style="list-style-type: none"> • A Registered Dietitian credentialed by the Commission on Dietetic Registration, • Has completed an academic and/or supervised practice program accredited by the Commission on Accreditation for Dietetics Education; <p align="center">or</p> <p><i>Paid member of ADA and an individual holding a master's or doctoral degree, and a degree (baccalaureate, master's, doctoral) in one of the following areas: dietetics, foods and nutrition, nutrition, community/public health nutrition, food science, or food service systems management;</i></p> <p align="center">or</p> <p><i>Paid member of ADA and an individual meeting one or more of the following criteria:</i></p> <ul style="list-style-type: none"> • A Dietetic Technician, Registered credentialed by the CDR or has established eligibility to take the examination for dietetic technicians, • Has completed a CADE approved associate degree program for dietetic technicians, • Holds a baccalaureate degree and meets the academic requirements specified by CADE, and has completed a CADE accredited/approved dietetic technician program experience.
<p>\$0</p>	<p>Retired TDA</p> <p><i>(Eligible to vote if active member prior to retiring)</i></p>	<p><i>Paid member of ADA and member of the Texas Dietetic Association that is no longer employed or actively engaged in dietetic practice or education and is at least sixty-two (62) years of age; or is retired on total (permanent) disability.</i></p>
<p>\$20</p>	<p>Student</p> <p><i>(Not eligible to vote)</i></p>	<p><i>Paid student member of ADA and student member of the Texas Dietetic Association.</i></p> <p><i>A student enrolled in a CADE accredited/approved program;</i></p> <p align="center">or</p> <p><i>A student in a regionally accredited college or university who state his/her intent to enter a CADE accredited/approved program;</i></p> <p align="center">or</p> <p><i>Active members returning to school on a full-time basis for a baccalaureate or graduate degree in a dietetic related course of study.</i></p>
<p>\$30.00</p>	<p>International</p> <p><i>(Not eligible to vote)</i></p>	<p><i>Paid member of ADA and an individual who has completed formal training in food, nutrition or dietetics received outside the United States and US Territories verified by the country's professional dietetics association and /or country's regulatory body.</i></p>

President's Corner—Continued from page 1

You may know the expression, “many hands make light work”. During the past year and, though the projects were not ‘light’ work, ‘many hands’ did make these wonderful things happen. As the year progressed, it is true the work became easier, faster and more enjoyable.

Some of you may have heard that I have had personal challenges this past year. Though we do not get to pick the times we live in; all we can do during times of great tumult is work at making sense of what is happening around us. I once read that in time of great tumult-sometimes the smartest thing you can do, if lucky enough to be surrounded by talented and committed professionals, was to get out of their way. I want to thank everyone that contributed their time and talents this year. After my brother's death last May and dealing with my mom out of state, I tried coming back to Austin for our chapter and board meetings once a month. Additionally, my husband accepted a position in the Philadelphia area and started to work in January. Yes, I was there for the snow storms of the century. I saw more snow in two weeks than I had ever seen in my entire life up to this point – what an experience! Since our February meeting I have been in touch by email and phone and for the most part - I got out of their way.

Though, I will eventually be leaving Texas, my heartfelt wish for AustinDA is that each and every one will contemplate and consider your talents and professional goals and then develop them through active involvement in AustinDA and TDA. It is talented members who volunteer, take action and get involved that give AustinDA its energy and passion.

Sincerely,

Elaine Wallace, RD/LD, CDE

Great Job. Thank You Elaine!

CEU's/Upcoming Meetings—local and out of state

Annual meeting of National AADE 2010: Annual Meeting and Educational Program

August 4-7, 2009 San Antonio, Texas

For further information, see www.diabeteseducator.org

Neonatal & Pediatric Nutrition: Update 2010

May 17-19, 2010 San Diego, CA

For further information, see <http://www.contemporaryforums.com>

Breathing, Digestion and Swallowing: Best Practices in Dysphagia Management

June 17, 2010 Austin, TX

Refer to express number 186258

For additional information, visit <http://www.crosscountryeducation.com>

Bluebonnet Chapter of American Association of Diabetes Educators

Next Bluebonnet chapter meeting will be in September 2010...so be sure to check the website closer to that date.

<http://aade-bluebonnetchapter.org/>

Don't forget the continuing education articles in *Journal of the American Dietetic Association*.

May 2010 issue has 2 good articles related to Bariatric Surgery.

CEU's /Meetings Continued

Save the date!

**North Texas Society for Parenteral and Enteral Nutrition
2010 Annual Symposium**

"Nutrition Support Challenges-Managing the Tough Cases"

Learn from expert clinicians on how to manage and troubleshoot nutrition support when facing the most challenging patients. Earn up to 10 CEU's while networking with other nutrition support professionals.



**October 1st & 2nd, 2010
(1.5 days)**

**Located at:
A.W. Harris Faculty Club
UT Southwestern Medical Center in Dallas, TX**

Stay tuned for invitations in your email inbox. If you would like more information contact Ashley Mullins at

ashleban@baylorhealth.edu

Miscellaneous

Members... Please remember you too can submit an article, upcoming CEU event you know of or something as small as a sentence for the next newsletter. Please send correspondence to newsletter@eatrightaustin.org.

Remember, this is YOUR newsletter too!

Don't forget to check out the newly unveiled website of the American Dietetic Association! On January 1, 2010, the American Dietetic Association officially unveiled the new Eatright.org. Check it out!

****** We will be needing a Newsletter Editor for next year. Please think about becoming involved in this way. It is a great way to stay connected / involved even if your time outside of the home is limited.**

Career Opportunities

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

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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.



EATING LOCALLY —From Farm to Table

Have you been in Sur la Table lately? They have a book about eating locally... “Eating Local...The Cookbook Inspired by America’s Farmers” authored by Janet Fletcher.

One of the 10 small, local farms highlighted (across America) is one from our very own backyard....**Green Gate Farms**.

Check out Green Gate Farms website.....<http://www.greengatefarms.net>

For those of you who would also like to speak with the author, Janet Fletcher along with Erin Flynn from Green Gate Farms will be at Sur la Table on June 12 (3-4:30pm).

Sur la Table is also hosting an Eating Local Series of classes:

May—Making the Most of Your Community Supported Agriculture

June—Grilling Local

July—Casual Summertime Dinner



MAY 2010 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:

May meeting: May 12, 2010 Time: 5:30-8:00pm

Topic: Food Safety, Food Policy and Food Politics

Location: Meels on Wheels Meeting Room

3227 East 5th Street, Austin, TX 78702 (512) 476-6325

Speaker: Allison Beadles, MS, RD, LD

Check the website regularly for updates on member meetings....

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

Enjoy your summer! See you in September and get ready for a great start to an exciting membership year 2010-11.

Best Places for Gluten Free Shopping..... May is Celiac Awareness Month

Check out <http://www.alamoceliac.org> and click on Local Gluten-Free Shopping and you can see listed all the stores HEB advised Alamo Celiac would be best for gluten free shopping.

May is also Celiac Awareness Month. You can go out to eat at one Austin's celiac-friendly restaurants that are participating in the Chef to Plate Program and help increase awareness.... **Brick Oven** (9911 Brodie Ln), **Las Palomas** (3201 Bee Cave Rd), **360 Uno Trattoria** (3801 N Capitol of TX Hwy), **Wild Wood Art Café** (3663 Bee Cave Rd Ste 4A), **The Melting Pot** (13343 Research Blvd, and 305 E 3rd St.).