

PHILADELPHIA DIETETIC ASSOCIATION

QUARTERLY PHILADELPHIA ACADEMY OF NUTRITION AND DIETETICS NEWSLETTER

PRESIDENT'S MESSAGE

Hello PDA!

This year marks 101 years of the establishment of PDA! As your new President of the 2018-2019 year, I want to extend a warm welcome to all members of our organization. I would like to thank Colleen Tewksbury and our past board for their commitment. All of our board members volunteer their time to plan networking events, offer CEU opportunities, advocate politically for our profession, mentor students, and much more to serve our district. I feel honored to serve as your President and to be surrounded by a group of dynamic nutrition professionals and students who have been so generous with their time.

I personally attended the first Pennsylvania Academy of Nutrition Dietetics (PAND) board meeting at State College organized by Brigid Neary, our PAND President this summer. What I took away from our PAND meeting is that it's more important than ever that we respond to the action alerts we receive in our inbox from the Academy. Public policy is integral to achieving the mission of the Academy which is to improve and protect the the health of Americans and to ensure that the public trusts us as the nutrition experts. The Public Policy Committee at the national, state, and local level work hard year-round to advocate for our profession and it's our responsibility to do what we can to contribute to their collective efforts.



IN THIS ISSUE

PRESIDENT'S MESSAGE	1-2
BEING A PRECEPTOR	2
STUDENT CORNER	3
UPCOMING AWARDS	4
EVENT RECAP	5
EVENTS TO LOOK OUT FOR	5
SCHOLARSHIP WINNER	5
IN MEMORIAM	5

PRESIDENT'S MESSAGE

My personal goal for our organization this year is to make us relevant and current. In June, our board convened for a transition meeting where we welcomed our new board members of the 2018-2019 year. We held our first official board meeting in October, and here are some of our exciting new developments:

- Showcasing of PDA's new logo and introduction of a brand new website!
- In October, we held our first Facebook Live career panel for West Chester students.
- Offering of CEU events via webinar to make it easily accessible for our members to gain CEU credits from anywhere in the district. Recordings will also be available on our new site for members.
- Offering more networking events throughout the district to give everyone an opportunity to be involved.

I want to thank our members who completed the membership survey results. We've read each and every response and have made it a priority to understand how to serve our members better.

I am very excited for the new year and hope to meet many of you at our events! Please do not hesitate to email our board at eatrightphiladelphia@gmail.com for any questions or comments.

Congratulations to our \$25 Amazon Gift Card Winners!

- Winner of membership survey raffle: Meghan Marsico
- Winner of membership raffle: Carol Sweeney

Ha Nguyen
President, PDA

THE POSITIVES OF BEING A PRECEPTOR

As we all know, the journey to becoming a Registered Dietitian includes internship hours in community, food services and clinical settings. In order for new RDs to be trained, our practice requires willing preceptors each and every internship season. While taking on an intern might seem daunting, the rewards for both the student, preceptor and internship site outweigh any possible fears.

Interns are given competencies to complete for each rotation. This gives you a guide of what they need to cover while at your site. Teach them your role, while allowing them to step in for practice. They might succeed, they might fail, but either way, they will learn. They will bring enthusiasm and questions, fresh ideas and creativity. Bonus points if they are a whiz at social media...they might even teach YOU something new! Perhaps the most rewarding benefit of an intern is being able to be in multiple places at once. With a busy work day, it is often hard to plan ahead. Giving your intern projects to work on that you can use in the future is a benefit for the both of you that will last longer than the internship hours.

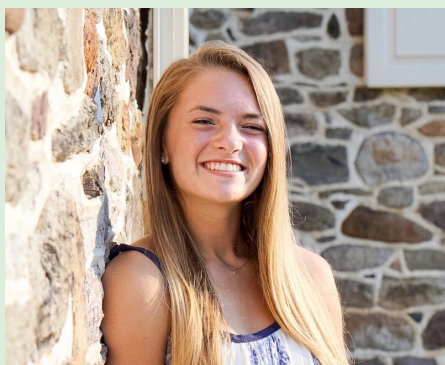
Just a short year and a half ago, I was an intern myself. I was lucky to have wonderful preceptors at all of my sites who took the time to teach me, let me succeed and let me fail. So much of my work as an RD was influenced by the preceptors who said "yes!" to showing me the ropes. While I am new to the preceptor world myself, the few students that I have had have truly been a pleasure. They have opened my eyes to new ideas to implement and ignite my passion for the dietetics field every time. If you're on the fence, take a chance and take on an intern in 2019. Our profession thanks you!

Kristen Weaver, RD, LDN

STUDENT CORNER

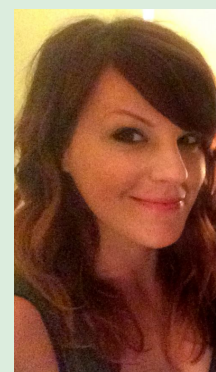
We are lucky enough to have four student representatives that are a part of our PDA board! Take a minute to learn more about our awesome student reps.

"Hey everyone! My name is Rachel Pilch and I am from Wilkes-Barre, PA. Currently, I am a senior at West Chester University expecting to get my Bachelor's degree in Nutrition and Dietetics this coming May. I am just beginning my exciting journey towards a dietetic internship. My goal in the field of dietetics is to explore all things health and wellness, keeping my opportunities endless. I am thrilled to be on the board of PDA as student representative this year!"



"Hi, I'm Annie and I am a student representative for PDA! I'm a junior Nutrition and Dietetics student at Immaculata University and I play basketball for the women's team. In addition to this, I'm on the Student Athlete Advisory Committee, and in the early stages of starting a Sports Nutrition Education program for our student athletes. With that, I'm definitely interested in pursuing a career in Sports Nutrition, but I'm keeping my options open after seeing all the opportunities that a career as a Registered Dietitian can offer me. I'm excited to see what area of nutrition I ultimately end up in. I look forward to bringing ideas to PDA and meeting new people!"

"I'm Julia and I'm a senior at Drexel University. Making people happy with food that I've hand prepared is the best feeling in the world! I actually went to culinary school straight out of high school and worked as a cook in various restaurants before moving to Philadelphia for college. Working in kitchens is great, but it can burn you out quickly. When my dad was diagnosed with colon cancer I had to cook special diets to not only account for his nutritional needs but his changing palette due to the side effects from chemotherapy. The idea of not just feeding someone but nurturing them with food really evolved in my head at this time and is a major reason why I decided to pursue a degree in dietetics! Once I graduate, my goal is to become an RD and work with oncology and chronic diseases."



"Maria Terry is a second year graduate student at Drexel University, pursuing a Masters of Science in Human Nutrition. She will graduate in June 2019. Maria's first career as an educator led to a passion for community nutrition education and nutrition policy, particularly the National School Lunch Program. Through her internship with the Department of Defense, Maria has merged her interests of policy and sports performance by working with dietitians within military services. For her Masters thesis, Maria is researching the status and impacts of specific micronutrients in collegiate and masters athletes in the Drexel Athletes' Study. She hopes to contribute to future research in the field of dietetics, pursue her Ph.D., and author a book some day! Maria lives in Graduate Hospital and teaches yoga throughout the Philadelphia area."

UPCOMING AWARDS FOR 2019

PHILADELPHIA DIETETIC ASSOCIATION

The Philadelphia Dietetic Association (PDA) is seeking your nominations for qualified award recipients for the 2018 – 2019 year. Simply review the following available awards and email the form to eatrightphiladelphia@gmail.com. The most qualified candidate with the greatest nominations will be sponsored by PDA as an applicant to enter the Pennsylvania Dietetic Association (PADA) ballot. Applying with the sponsorship and support of your district PDA may increase your chances of winning these state awards/scholarships. Winners will be announced at the PADA spring meeting! To be recognized on a professional level is a great honor (and resume booster!) – so hurry and submit those nominations!

*Visit <https://eatrightpa.org/for-the-public/scholarships-awards/> for forms

The Outstanding Dietetics Educator Award

Deadline: November 8, 2018

Note: There will now be 2 levels for the Outstanding Dietetic Educator Award – ODEA

- State Level – awarded at the PA Academy Annual AME for educators selected from each of the four program types in is Pennsylvania.
- National Level – awarded at the NDEP area meetings for educators

Recognizes the excellence of educators in the Academy of Nutrition and Dietetics accredited and approved dietetic education programs.

The Keystone Award

Deadline: January 10, 2019

Recognizes Pennsylvania dietitians who have through their leadership ability demonstrated outstanding professional standards to serve and advance the aims of the PA Academy.

The Outstanding Dietitian Award

Deadline: January 10, 2019

The highest honor bestowed upon a member of the Pennsylvania Academy of Nutrition and Dietetics, recognizes a Pennsylvania dietitian whose leadership and service is exemplary and whose contributions to PA Academy and the public have been longstanding and exceptional. To be eligible for the Pennsylvania Academy of Nutrition and Dietetics Outstanding Dietitian Award, candidates must have received the Keystone Award.

The Recognized Young Dietitian Award

Deadline: January 10, 2019

Presented to members of the Academy who are 35 years of age or younger who have demonstrated leadership qualities and performance in public relations, research, community outreach, management, legislation, education, and other areas related to the profession, on the job and in the community.

The Recognized Dietetic Technician of the Year Award

Deadline: January 10, 2019

Honors the contributions of diet technicians to the profession. Award recipients have demonstrated leadership qualities and performance in the Academy or their employment through clinical nutrition, food service management, education, career guidance, legislation and public relations.

The Emerging Dietetic Leader Award

Deadline: January 10, 2019

Recognizes the activities and competence of dietitians regardless of their age, who have made distinctive contributions early in their career to the Academy.

The Outstanding Dietetics Student Award

Deadline: January 10, 2019

Recognizes emerging leadership and achievement of students enrolled in Academy-accredited and approved dietetics education programs and encourages participation in the Academy.

EVENT RECAP

Barre3: Thanks to everyone who came out on September 8th for our first event of the year! Thank you Barre3 for having us.



Career Panel at West Chester University:

On Monday, October 15th, a group of dietitians volunteered their time to be a part of a panel at WCU to answer questions and provide insight into their dietetic careers. Thank you to those dietitians for contributing your time and thank you to WCU students for hosting and attending our event! Visit our Facebook page, Philadelphia Dietetic Association, to view the live video from the event.

UPCOMING EVENTS

PDA is excited to announce we will be having a lot of upcoming events this Winter!

Stay tuned for a GI webinar... more details to follow through email and on our Facebook page about this event as well as others.

PDA SCHOLARSHIP WINNER

Kendall Stokes is a current dietetic intern and masters candidate at Immaculata University. During her time at Immaculata she has maintained a 3.94 GPA and is a member of the Kappa Omicron Nu Honors Society which is a national honors society in the field of Family and Consumer Sciences. She has currently completed rotations at Lower Bucks Hospital, Children's Hospital of Philadelphia, and Great Valley School District. While completing her internship and her masters, she works as a part time manager at a high-end women's retailer. She finished her internship in June 2018. In the future, she hopes to work with children as a dietitian at a children's hospital or in school nutrition.



IN MEMORIAM

Rena Quinton, PhD, RD, LDN

Dr. Rena Quinton passed away July 23, 2018. She was a valued leader, mentor and friend to many in the dietetics profession. Prior to her retirement, Dr. Quinton was a faculty member of Immaculata University, serving as Director of the Dietetic Internship program for nine years.

She earned her PhD in Dietetics and Nutrition in December, 2004 from Florida International University, Miami FL.

Dissertation title: Eastern Orthodox Christian fasting in northeastern Pennsylvania.

Her resume includes numerous publications and presentations. But it is the person of Rena Quinton that the nutrition community will miss. Dr. Laura Frank of La Salle University, Philadelphia noted that Rena was a dear friend saying, "She was such a passionate, courageous, funny, curious and big-hearted woman! It's hard to believe she's gone." Laura Reider, RDN of Main Line Health Home Care and Hospice felt that Dr. Quinton was key in supporting her through the internship process and well beyond, including bonding over a shared passion for quoting Star Trek and enjoying imported Russian chocolates.

Isabel Wong, MA, RDN, CDN mentioned that Rena Quinton was an amazing and beautiful mentor, friend and person.



2018-19 PHILADELPHIA DIETETIC ASSOCIATION BOARD MEMBERS

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Student Representative- Maria Terry

Student Representative- Rachel Pilch

Student Representative- Julia Maher



Shaylyn Lynch, Newsletter Editor