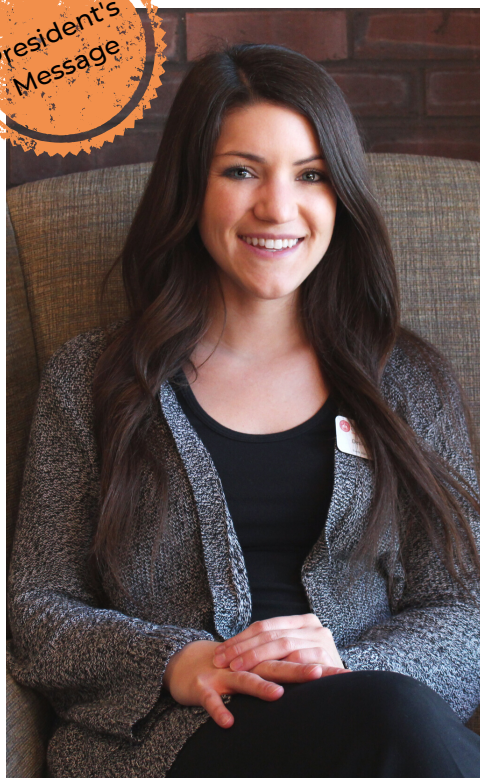
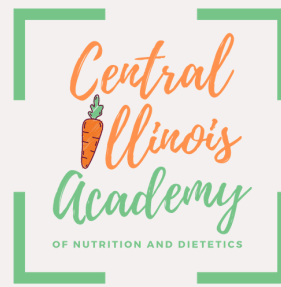




September 2020

CIAND Newsletter



Hello! My name is Desiray Yeaw and I am your President of the Central Illinois Academy of Nutrition and Dietetics [CIAND] for the 2020-2021 program year. I hope this message finds you in good health and high spirits!

Despite the unusual and uncertain times we face, I am proud to share that the CIAND Board of Directors is still working hard to plan a full program year for you, our members! Although our fall planning has looked a bit different, we are still very much looking forward to providing opportunities for Central Illinois nutrition professionals to learn, connect, and serve as we kick off the program year.

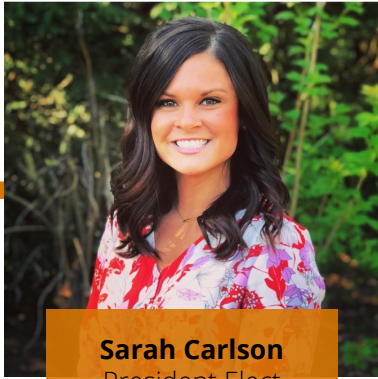
As I reflect on the last time we were able to gather together in person at the Hy-Vee in Bloomington at the end of February, I can't help but wonder what new opportunities this unprecedented program year will bring us. It is my hope that new program modalities and online resources will allow us to engage more members, empower newer members to get

involved, and provide a sense of community in a time when we are all better together. We are so thankful for the local members of our profession that make CIAND initiatives possible. Please know that your thoughts, comments, and suggestions are what help us better serve you! If you are interested in becoming a member, attending a meeting, or taking on a more active role in the CIAND this year, please don't hesitate to reach out. We have many exciting opportunities in the works for the near future and hope you will join us!

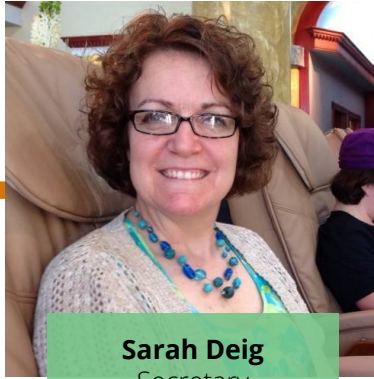
Sincerely,

Desiray Yeaw MS, RD, LDN
ciandpresident@gmail.com

Meet the CIAND Board



Sarah Carlson
President Elect



Sarah Deig
Secretary



Monica Nyman
Treasurer



Grace Hensold
Nominating Chair



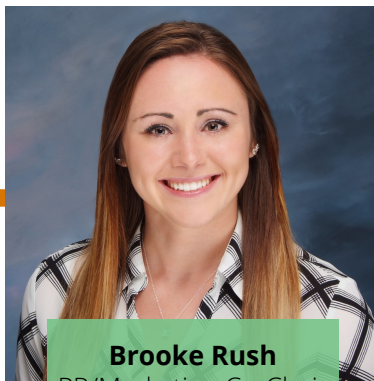
Jennifer Hubert
Nominating Committee
Bylaws Chair



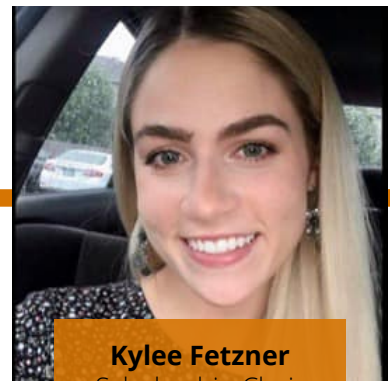
Ashley Mathewson
Membership Chair



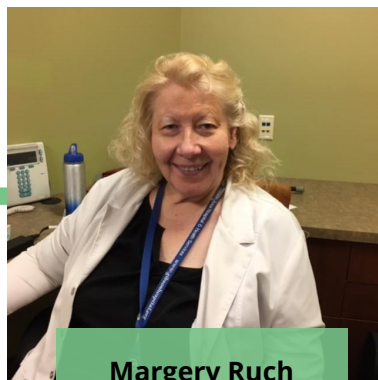
Elayna Fehr
Newsletter Chair
PR/Marketing Co-Chair



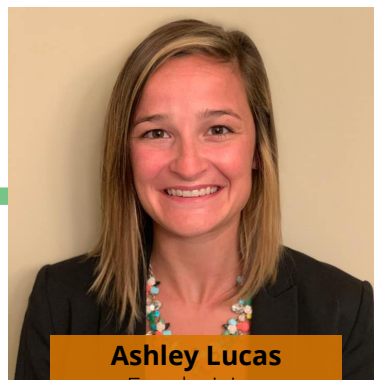
Brooke Rush
PR/Marketing Co-Chair



Kylee Fetzner
Scholarship Chair



Margery Ruch
Public Policy Chair



Ashley Lucas
Fundraising
Committee Chair

Ways to get involved

Interested in being more involved with the CIAND this year? Consider joining a committee! If you are talented in or want to improve your skills in the areas of professional writing, fundraising, public policy, advocacy, graphic design, marketing, social media, or event planning then joining a committee might be for you! Email eatrightCIAND@gmail.com for more information.

2020-2021 Committees



Bylaws

Jenn Hubert
MS, RDN, LDN



Fundraiser

Ashley Lucas
RD, LDN



Program

Sarah Carlson
RD, LDN



Newsletter

Elayna Fehr
MS, RDN, LDN, CLC



Public Relations & Media

Brooke Bisping RD, LDN
Elayna Fehr, MS, RDN, LDN, CLC



Scholarship & Awards

Kylee Fetzner
RDN



Legislation & Public Policy

Margery Ruch
RDN, LDN

Mark Your Calendars

September 22, 2020

Don't buy B.S. (Bull Speak): How food bullying hurts your health

- Hosted by: St. Louis District Dairy Council
- Lead by: Michele Payn
- 1:00 pm, Central Standard Time
- Registration required

September 30, 2020

Introduction to Intuitive Eating for Nutrition Professionals

- Lead by: Taylor Wolfram, MS, RDN, LDN
- CIAND Meeting held via [webinar](#)
- Business meeting at 5:30 pm, followed by CEU presentation at 6:05 pm

November 18, 2020

Culinary Creations Part 1 – Recipe Modification

- Lead by: Ashley Simper, MS, RDN, LDN
- CEU/Social event held via [webinar](#)
- Start time at 6:00 pm

December 3, 2020

Culinary Creations Part 2 – Cooking Classes in a Virtual World – Holiday Edition


- Lead by: Golda Ewalt, MS, RD, LDN
- CIAND Meeting held via [webinar](#)
- Business meeting at 5:30 pm, followed by CEU presentation at 6:05 pm



Make sure to follow CIAND on our social media platforms for information on upcoming events!

Nutrition News

1-hour Sexual Harassment Training



Illinois Academy has some exciting news about a NEW member benefit! All professionals who hold a license through Illinois Department of Financial and Professional Regulation (IDFPR) are now required to complete a 1-hour Sexual Harassment training. IAND is offering this training to members at a discounted price of \$15 per user--50% off (NOTE: Illinois Academy pays the remaining \$15). Be sure to take advantage of this new benefit so you are set to go for the next licensure renewal (October 2021).

IAND Awards



A message from IAND Grants and Awards Chair:

Margery R. Ruch, RDN, LDN

"To all CIAND members. I would like to encourage you all to think about applying for the following awards. Let a member of the board know that you are interested. We have several excellent members and we would love to recognize you. You must be nominated by CIAND. You have plenty of time. Just go ask a member of the board at the next CIAND meeting to get the ball rolling. And remember I am always available for questions."

Please contact Margery R. Ruch at (H) 309-662-1084 or (c) 309-824-6595 for additional information on how to apply for the following awards:

- Outstanding Dietetics Student
- Recognized Young Dietitian of the Year(RYDY)
- Recognized Dietetic Technician of the Year (RDTY)
- Emerging Dietetic Leader
- Outstanding Registered Dietitian of the Year Award

Registered Dietitian Spotlight



Jenna Smith
MPH, RD

1. Tell us about yourself.

I grew up on a farm in Sangamon County and was involved in 4-H where I enrolled in many baking and cooking projects. In high school, I got a summer job with University of Illinois Extension's SNAP-ED program, teaching nutrition and cooking classes to youth at the Boys and Girls club. My interest in dietetics only grew from there! Nowadays, I spend my free time playing with my two boys, running, reading and gardening.

2. Where do you work and what are some of your favorite things about your job?

I work at University of Illinois Extension serving Livingston, McLean and Woodford Counties. I love being able to serve the community in many ways, whether that is teaching a program, filming an educational video, creating a website, or partnering with other organizations on projects that make an impact. I love that I am able to be creative in the work that I do!

3. Where did you go to school/do your internship?

I received my Bachelors of Science, in Family Consumer Sciences, Food Nutrition and Dietetics, at Illinois State University, and my Masters of Public Health at University of Illinois at Springfield. I completed my internship at St. John's Hospital in Springfield, Illinois.

4. If you could give one piece of advice to current interns, what would it be?

My advice would be get involved and network in your local Dietetics group. I have enjoyed meeting many different RD's through CIAND. One of my other words of advice would be to keep an open mind during your internship and learn as much as you can with all the aspects of Dietetics. You just never know what job you may end of doing during your career.

Dietetic Intern Spotlight



Abby Olcott
OSF Intern

1. Tell us about yourself.

Growing up, I was that nerd who used to read nutrition books in my spare time. In high school, I had committed to run track at Olivet Nazarene University but remained undecided in my major. A dietitian came to talk to my team at practice during my senior year, and I was hooked the moment I found out I could turn nutrition into a career. I graduated from ONU this spring and have returned to my hometown of Peoria, IL to complete my internship at OSF Saint Francis Medical Center. Outside of nutrition, I enjoy hiking, cycling, and performing improv comedy.

2. Share some highlights from your internship.

I am currently completing my clinical rotation, and learning how to integrate my clinical knowledge, people skills, and critical thinking into caring for a patient has been a tough but rewarding task. The biggest highlights for me so far have been when doctors take my recommendations and supplement patients with the nutrients or enzymes they need. I am looking forward to my upcoming community rotations to build my counseling skills.

3. What area(s) of dietetics are you most interested in?

I am passionate about sports nutrition, specifically Relative Energy Deficiency in Sport (RED-S) and the Female Athlete Triad. I completed a research project about RED-S and sports nutrition knowledge at ONU, and my abstract was accepted for presentation at FNCE this fall. I am currently enrolled in a master's program in exercise science and sports nutrition to expand my knowledge on the current research in this field of dietetics. I hope to become a board-certified specialist in sports dietetics (CSSD) one day.



Better Breakfast Month

Many things can lead to a stressful morning. So what does your "morning madness" look like — waking up late and rushing to get out the door, working to get the kids fed and ready for school, or maybe it's just a morning where everything doesn't seem to be working in your favor. These events may lead to skipping one of the most important parts of a morning - breakfast!

In September we celebrate "Better Breakfast Month." As nutrition experts, we can be a source of knowledge when it comes to providing tips and tricks to eat a well balance breakfast. "Research shows that breaking an overnight fast with a balanced meal can make a significant difference in overall health and well-being, in particular for children and teens. Eating a smart breakfast can help improve behavior and school performance, as well as foster a healthy weight. And, if you skip breakfast hoping to lose weight, it may have the opposite effect. By starting the day with a balanced meal, you're less likely to overeat later in the day" (Academy of Nutrition and Dietetics, 2020). The Academy of Nutrition and Dietetics suggests these ideas:

- 1** **Wake up on time:** Allow yourself some time to make/prepare a healthy breakfast.
- 2** **Have healthy convenient foods on hand:** In case time doesn't allow, make sure to stock up on foods that you can grab and take on the go
- 3** **Plan ahead:** Prepare your breakfast the night before, or make dishes such as a casserole that can easily be warmed up the next morning.
- 4** **Get creative:** If you're dealing with a picky eater - try to make breakfast fun such as offering fruit cut in shapes.
- 5** **Limit high sugar foods:** Beware of the sugary cereals or foods marketed to be a "breakfast food" when they offer little to no good nutrition
- 6** **Small & Mighty:** Remember, your breakfast doesn't have to be a 5-star meal. Something small is better than nothing at all!

FIBER + PROTEIN

These two nutrients can help get your day started off on the right track. Both fiber and protein can help promote longer satiety and can help with hunger regulation. You can find fiber in foods such as fruits and whole grains - these foods can also provided good energy. Try looking for products with 4 grams or more of fiber per serving. Add a good source of protein to your breakfast such as eggs, turkey bacon, Greek yogurt, or nuts.

Written By: Elayna Fehr MS, RDN, LDN, CLC

Fruit and Vegetable Word Scramble

CTARPIO

AGEPR

LBRBEYURE

NHDWEOEY

MLEINETECN

TEDA

GMONA

BRSYREAPR

RPAE

FJKUIACRT

RIHKATCOE

TEBE

COIRCLBO

BAEABGC

ADMEMEA

LKEA

SROMHOUM

RSPASIP

DSRIAH

QSUHSA