

# News Bites

Spring/Summer 2018  
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## Inside This Issue

Member Spotlight...	2
Election Results.....	3
Resources.....	3
Spring Program.....	4
National Honors.....	5
FNCE® 2018 .....	5
HOD Meeting Recap.....	6
WSAND Leadership.....	7

Check your email for  
WSAND membership  
renewal info in late  
summer!

## From the WSAND President



That's a wrap for WSAND 2017-2018! What another great year it has been. I want to thank everyone on the Board as well as the members that continuously participated in this year's membership and programs. We had some pretty amazing speakers come out and present to our organization which kept us up to date on research and led to some great networking opportunities.

Our end of the dinner meeting was held at Granite City Brewery in Naperville on April 12<sup>th</sup>. We had fun listening to Melissa Joy Dobbins MS, RDN, CDE, also known as The Guilt Free RD® talk about social media and being educators in our field. She shared her experiences and knowledge on the various platforms of social media – from Facebook and Instagram to staying in the know by being active on LinkedIn. She was very inspiring! If you haven't had the chance to check out her podcast SoundBites you should definitely do so! She has had some very prestigious dietitians as guests talking about various topics!

I am excited to announce the new board for the 2018-2018 Membership Year! Sue Rainey RDN, LDN is our incoming President Elect, with her knowledge and commitment to WSAND, I know she will be very successful in this position. Andrea Custer, RD, is our incoming Secretary and Victoria Glatz, MS, RDN, and Tiffany DeMay, RD, LDN, are members of our nominating committee!

Special thank you to all of the other Board members for their hard work and dedication this membership year! Kelly Bodine, our Treasurer was always so helpful and responsive when it came to our finances and Kelly Knopf, MS, RD LDN, our Membership chair always punctual with taking attendance at meetings as well as keeping our members current with dues. Susan DuPraw, RD, Publications chair always showed her support by attending meetings and putting together our bi-yearly e-newsletter. A special thank you to Janet Milli-

*(continued on page 2)*

kan, MS, RD, LDN, President-elect and Sue Rainey who worked so well together in planning such amazing programs for this past year. I truly mean it when I say I could not have done it without these two. With their well-established networks, knowledge, and creative ideas I know that next year will be just as great of a success.

Have a healthy and safe summer,

Emily Rohan, MS, RD, LDN  
WSAND President 2017-2018  
[President@wsdadietitians.org](mailto:President@wsdadietitians.org)

## WSAND Member Spotlight

**Kelleen (Kelly) Mary Bodine BBA, RDN, LDN  
2017-18 WSAND Treasurer**

● **What inspired you to enter the nutrition and dietetics field?**

Becoming an RDN was fueled by my passion to be part of the solution for the growing epidemic of childhood obesity in our country. As an older, second-career dietitian, I am impressed and inspired by the commitment of time and resources of other dietitians in the Chicago volunteer community.

● **What are some of the biggest changes in nutrition/dietetics you see that will impact RDNs in the next 10 years?**

In my opinion, technology will provide the biggest impact over the next 10 years; hopefully

2



allowing RDN's to provide a broader audience with prevention and wellness education. If granted the ability to enact one change in our society, I would require nutrition education for all students the K-12 school system.

● **You currently serve as a Board member for WSAND. Why is it important for you and for other members to get involved with local and/or state dietetic groups?**

Our local and state dietetic groups are run by volunteers and should reflect the input and voice of all members.

● **If you weren't a dietitian, what other possible career would you have pursued, and why?**

If not a dietitian, I would return to commercial real estate analysis. Working at a specialty grocery store would be fun too; after all, as an RDN, I love food!

## WSAND Election Results for 2018-19

Congratulations to the following officers who will begin their leadership roles as of June 1, 2018.

- ◆ President-elect: Sue Rainey, RDN, LDN
- ◆ Secretary: Andrea Custer, RD
- ◆ Nominating Committee: Victoria Glatz, MS, RDN & Tiffany DeMay, RD, LDN



President Emily Rohan (left) passes the leadership gavel to incoming President, Janet Millikan.

## Resources Page on IAND Website

One of the many benefits of Illinois Academy of Nutrition and Dietetics membership is the resources and networking opportunities. The following resources page at <https://eatrightillinois.org/index.php/resources/professional-resources> offers some great resources as well as timely links and information to help you with more robust presentations to shout out why Registered Dietitian Nutritionists are the respected Nutrition Professionals as well as help you connect with potential clients and other RDN's and NDTR's in the state and beyond.

Please share with IAND any other dynamic resources or content you'd like to see added to the Resources web page by sending an email to [headquarters@eatrightillinois.org](mailto:headquarters@eatrightillinois.org).

# Spring Programming Summary



## March 2018 Program- Supermarket dietitians

Alison Parker, MS, RD, LDN, and Kerry Clifford, MS, RD, LDN present tips for providing grocery store tours and food demos.

## April 2018 Program-Using Social Media to build your Brand

Melissa Joy Dobbins, MS, RDN, CDE, shared her experiences on using various social media platforms to promote your services and educate consumers/clients.



## 2018 Academy National Honors and Awards Recipients

In recognition of outstanding service and contributions to the nutrition and dietetics profession, 21 individuals have been selected by the Honors Committee and Board of Directors to receive top Academy national honors and awards. These honors and awards will be presented at various times during the 2018 Food & Nutrition Conference & Expo™ in Washington, D.C.

Congratulations goes to WSAND's very own **Christine M. Palumbo, MBA, RDN, FAND**, for outstanding leadership and contributions to the profession and practice of nutrition and dietetics as one of 8 selected **Medallion Award winners**. Access more information on the 2018 awards [here](#).



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## Spring 2018 House of Delegates Meeting Recap: HOD Culture Assessment

The Academy of Nutrition and Dietetics House of Delegates (HOD) held its spring 2018 Virtual Meeting on Saturday, April 21, 2018 where delegates participated in the HOD’s Culture Assessment.

### Meeting Question:

“How do we need to evolve the culture of the HOD to best reinforce the Academy’s success drivers and produce meaningful outcomes supporting the Strategic Plan?”

### Why Culture?

Culture is the foundation of who we are as a House of Delegates. It is a reflection of our organization’s values and everything in it should reinforce what drives our success.

### What are the Academy’s Success Drivers?

Success drivers are the things that will drive an organization forward. These include our [Strategic Plan](#) (the mission and vision statements, guiding principles, and impact goals) as well as our commitment to [diversity](#) and [transparency](#).

**Mission**  
**Diversity**  
**Transparency**  
**Principles**  
**Vision**  
**Values**

### Culture Evolution

Our culture evolution process began by discussing the preliminary results from the WorkPlace Genome® Survey. During the meeting we explored three areas: who we are now, who we should be, and what are we going to do about it.

Preliminary Themes Identified During the Meeting			
Who We Are		Who We Should Be	What Are We Going to Do About It *Preliminary “To-Do List”
<b>Most Evolved Areas</b> <ul style="list-style-type: none"> <li>• Collaboration</li> <li>• Authenticity</li> <li>• Visionary</li> </ul>	<b>Least Evolved Areas</b> <ul style="list-style-type: none"> <li>• Agility</li> <li>• Communication</li> <li>• Conflict resolution</li> <li>• Outcomes management</li> </ul>	<ul style="list-style-type: none"> <li>• More transparent and defined in our processes                             <ul style="list-style-type: none"> <li>○ Mega issue determination</li> <li>○ Mega issue outcomes</li> <li>○ Delegate roles</li> </ul> </li> <li>• Stronger communicators</li> <li>• Strategy drivers</li> </ul>	<ul style="list-style-type: none"> <li>• Enhance communications and training</li> <li>• Increase transparency</li> <li>• Clarify success</li> <li>• Preserve and build on areas where we are most evolved</li> </ul>
<ul style="list-style-type: none"> <li>• Diversity was identified in both areas</li> </ul>			

Culture Evolution

- ✓ Over the next year a twelve member HOD Culture Team will be working to analyze and prioritize the information.
  - \*The preliminary “to do list” may change or evolve based on further analysis by the HOD Culture Team.
- ✓ The evaluation process is multifaceted and will continue over several program years. As such, we will continue the next steps in our exploration of how the HOD can best support the Academy's Strategic Plan during the fall HOD meeting.



### Additional Information

- Meeting materials, including [background](#) and follow-up information are posted on the [Spring 2018 Meeting](#) webpage.
- Review the [Academy President, Treasurer and Foundation Updates](#) and the [Academy Committees and Taskforce Reports](#).
- Contact your [delegate](#).

## WSAND 2017 - 2018 Board Members

**Emily Rohan, MS, RD, LDN**

*President \**

[president@wsdadietitians.org](mailto:president@wsdadietitians.org)

**Janet Deselich Millikan, MS, RD, LDN, IHC**

*President-Elect\**

*Programming Committee Chair*

[president-elect@wsdadietitians.org](mailto:president-elect@wsdadietitians.org)

**Kelly Knopf, MS, RD, LDN**

*Membership Chair\**

[membership@wsdadietitians.org](mailto:membership@wsdadietitians.org)

**Sue Rainey, RD, LDN**

*Secretary\**

[secretary@wsdadietitians.org](mailto:secretary@wsdadietitians.org)

**Kelly Bodine, RD, LDN**

*Treasurer\**

[treasurer@wsdadietitians.org](mailto:treasurer@wsdadietitians.org)

**TBD**

*Legislative and Public Policy Committee  
Chair*

[wsdalegislation@gmail.com](mailto:wsdalegislation@gmail.com)

**Katy Olinski, MS, RD, LDN**

*Webmaster Chair*

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**Diane Sowa, MBA, RD, LDN**

*Awards & Scholarships*

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**Susan DuPraw, MPH, RD**

*Publications Editor*

[publications@wsdadietitians.org](mailto:publications@wsdadietitians.org)

**Kristen Nowak, MS, RD, LDN, CNSC**

*Past-President Chair*

[wsdapastpresidents@gmail.com](mailto:wsdapastpresidents@gmail.com)

**Victoria Glatz MS, RDN, LDN**

*National Nutrition Month Chair*

[nnm@wsdadietitians.org](mailto:nnm@wsdadietitians.org)

**Victoria Glatz MS, RD, LDN**

**Andrea Custer, MS, RD, LDN**

*Nominating Committee Co-Chairs\**

[nominations@wsdadietitians.org](mailto:nominations@wsdadietitians.org)

**Tiffany DeMay, MS, RD, LDN**

*Nominating Committee Member\**

**Website:** <https://sites.google.com/a/wsadietitians.org/wsand/>

