

# Welcome 2019-2020 PDA Newsletter



## PDA Welcome

The PDA board has already been busy this summer planning lots of fun CEU events, socials, volunteer opportunities, and more. We have reviewed the results of our end of the year survey and are using your input in planning an enjoyable year for us all.

I am excited to announce that we will continue our Scholarship Fund this year for our members. We are fortunate to live in a great community that supported us at two percentage nights over the summer to make these scholarships possible. I encourage you to take advantage of this opportunity and utilize these funds to continue grow and develop your career.

Don't forget to like our Piedmont Dietetic Association page on Facebook to stay up to date on the latest foods trends and learn about CEU and job opportunities! We post all of our events here as well.

On behalf of the 2019-2020 Board we would like to welcome each and every one of you to what is sure to be an exciting year for PDA! Please remember that in order to be a PDA member, you must also be a member of the Academy of Nutrition and Dietetics.

## 2019-2020 Board Members

**President**, Joanna Smyers, MS, RD, LD

**President- Elect**, Destin Faria, RD, LD

**Past President**, Rachel Hoffman, RD, LD, CSG

**Secretary**, April Moore, MS, RD, LD

**Treasurer**, Jalak Patel, MS, RD, LD

**Nominating Chair**, Patti Francis, MS RD LD

**Education Chair**, Hannah Wigington, RDN, LD

**Legislative Chair**, Amanda Ancona, MS, RD, LD

**Social Media/ PR Chair**, Cate Milne, RD, LD

### Student Liaisons:

Haley Newton

Caroline Brookshire

Trevor Petrucci



## Meet your 2019-2020 PDA Board Members

### Joanna Smyers, PDA President

Joanna has lived in the upstate of SC for most of her life. Joanna received her BS in Food Science, with a concentration in Nutrition and Dietetics, and MS in Food, Nutrition, and Culinary Sciences from Clemson University, and completed her dietetic internship through Iowa State University's nationwide track. She currently works for Clemson University's Youth Learning Institute as the SNAP-Ed Program Coordinator. When Joanna's not getting her house ready to put on the market, she loves to cook with her six-year-old son and spend time with her family!



### Destin Faria, President-Elect

Destin is a new and upcoming dietitian with a background in clinical and private practice dietetics. She comes to the Upstate from the Western Carolinas where she obtained her undergraduate degree and completed her dietetic internship through Western Carolina University. Destin is passionate about working with the general population, helping to create lifelong habits and learn how to eat healthfully and intuitively. This is her third year in the PDA and second year on the board. She is excited to start up the PDA book club, as reading is her most enjoyable activity- next to drinking wine. In her spare time, she enjoys blogging, cooking, and creating new yummy recipes.



### Rachel Hoffman, Past President

Rachel Hoffman is serving as this year's past president. Rachel grew up in Brentwood, TN, and attended the University of Georgia, where she received a degree in Dietetics and a minor in Spanish. She completed her dietetic internship at Life University in Marietta, GA. Rachel has lived in Greenville for 5 years and is the dietitian at Rosecrest Retirement Community in Inman. She has a Board Certification in Gerontological Nutrition and loves working with her residents! When not at work, Rachel enjoys volunteering with the Junior League of Greenville, fostering pups with The Service Dog Institute, hiking, and of course cheering on the Dawgs!



### April Moore, Secretary

April is a new Dietitian (registered 2018) and South Carolinian, originally from Memphis, TN who moved to the Upstate 2 years ago. Prior to completing her distance dietetic internship through Iowa State University (2017), she was the Patient Food Service Supervisor at St. Jude Children's Research Hospital, as well as having worked 6 years in the corporate world. She now works as the clinical RD at Prisma Health's North Greenville Hospital and as a contract dietitian with Upstate Nutrition Consultants. She loves exploring this beautiful mountainous region with her husband, Michael and border collie mix, Luna. April is excited to be on the PDA board and becoming an influential member of the upstate network of amazing dietitians!



### Jalak Patel, Treasurer

Jalak Patel, MS RD LD, is a second career dietitian and has been a practicing RD since 2015. She completed her dietetic internship at the University of San Diego Health Systems and presently works at Bon Secours Health System as an outpatient dietitian in cardiopulmonary rehabilitation. Her professional interests include chronic disease management, integrative functional medicine and cultural diversity/appropriation. In her free time, Jalak enjoys cooking for her family and friends, learning about food, traveling and spending time in nature with her husband-Gogi, daughter- Raina and dog- Storm.



Patti Francis, Nominating Chair

Patti grew up in Greenville, SC and graduated with her bachelor's degree in Food Science with a concentration in Nutrition and Dietetics and a minor in chemistry from Clemson University in 2015. She completed her internship through Morrison Healthcare at St. Francis in Greenville. While completing her internship, Patti also began working on her master's degree in Nutrition and Food Systems Management from the University of Southern Mississippi, which she completed in May 2018. She now works at Regency Hospital in Downtown Greenville as an inpatient dietitian. When not working, Patti enjoys working out, playing with her dog, Scout, and attending Clemson sporting events with her husband, Matt.



Hannah Wigington, Education Chair

Hannah Wigington, RDN, LD is a Health Educator for Clemson SNAP-Ed. In her role, she seeks to bridge both direct nutrition and physical education with policy, system, and environmental changes to help ensure the healthy choice is the easy choice among the community where people eat, work, play, and learn. She received her Bachelor of Science in Dietetics from The University of Georgia and completed her dietetic internship from University Hospital in Augusta, GA. In her free time, Hannah can be found logging miles on the Swamp Rabbit Trail, hitting up the barre (full disclosure--that is a workout class), or perusing the aisles of a grocery store for the latest and greatest.



Amanda Acona, Legislative Chair

Amanda Dellinger is a Registered Dietitian for White Oak Manor at North Grove in Spartanburg. She received her Bachelor's and Master's Degree in Food, Nutrition, and Culinary Science from Clemson University 2012/2013, respectively. She is most interested in wellness, pediatric, and culinary nutrition. Amanda completed her dietetic internship at East Carolina University in 2015 and began working for White Oak Manor in August of 2015. Her passions include cooking, yoga and spending time with her husband and fur baby, Maggie.



Cate Milne, RD, LD

Cate Milne graduated Magna Cum Laude from Mississippi State University in 2017 and holds a Bachelors of Science in Food Science, Nutrition, and Health Promotion. She went on to complete her dietetic internship with Morrison Chartwells and was placed in Greenville, South Carolina, for her rotations. She is now currently employed as a clinical inpatient registered dietitian with Prisma Health Upstate - Greenville Memorial Hospital. In Cate's spare time, she races bicycles in the professional women's cycling field and helps her mother, also a dietitian, build a whole foods energy bar company called Supra Functional Food Bars. Through her experiences, Cate has developed a love for nutrition for primary prevention and health promotion as well as sports performance and hopes to complete a Master of Science in Health Promotion in the near future.



Haley Newton, Student Liaison

Haley is a senior Food Science and Human Nutrition Major and plans on applying for her dietetic internship this coming year. As a dietitian, she would like to work in a clinical setting and with type 1 diabetes, since she has volunteered at a children's type 1 diabetes camp the past two summers and fell in love with this field of dietetics. In her free time, Haley loves to run, travel and cook while experimenting with different recipes.



Caroline Brookshire, Student Liaison

Caroline is from Easley, SC, a senior dietetic student at Clemson University, and plans to apply for dietetic internships in the spring. She is honored to represent Clemson as a PDA student liaison this year and can't wait to see what this year holds!



Trevor Petrucci, Student Liaison

Trevor is a Junior student at Clemson University studying in Nutrition with an emphasis in Dietetics. He is from Fort Mill, SC and graduated from Nation Ford High School in 2017. He has worked as a volunteer with the Clemson Football Nutrition Department and currently works as an intern with Aramark in the dining halls of the University. He has shadowed different dietitians within the Dietetics field such as Adult ICU, Pediatrics, Cardiovascular ICU, Dialysis, Oncology, Weight Management/Diabetes and much more. He is currently seeking to obtain a Dietetic Internship after graduation to further become a Registered Dietitian. Trevor enjoys theology, reading literature on the Puritans and Reformers and Church History, spending time with friends, Crossfit, trying new restaurants and foods, the Pittsburgh Steelers, and playing competitive sports.

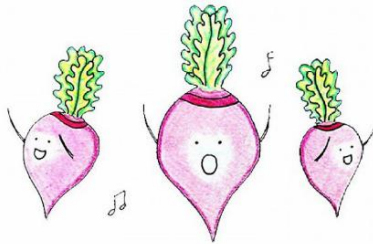
## **Calling all RDs, DTRs, Interns/Students – We Want You!!**

Thank you to all who have joined this year! If you haven't had a chance to become a member of PDA, your opportunity is now! Membership incentives include access to free/ discounted CEs, job postings, and social/volunteer events. This year, members will also receive a PDA water bottle! Simply click on the membership form link below and register on-line now.

<https://forms.gle/rkxCQsBfLnk5Bto87>

We had a great time at our  
Kick Off Social at El Thrifty!!

We're looking forward to a wonderful  
2019-2020 year for the PDA!



It's time to PARTY  
TURN UP THE **beet!**



## Mark your calendar for these upcoming events for 2019:

**Thursday, November  
14<sup>th</sup>**

**PJ's and Pinot  
Monthly Bookclub**

**From: 7:00pm-9:00pm**

Earn 1 CEU every month with your fellow PDA members by discussing the latest research in nutrition and trends featured in the Food and Nutrition Magazine. And of course, what's better than studying with a nice glass of Pinot?!

This event is recurring – 2<sup>nd</sup> Thursday of every month kindly hosted at the home of our PDA President, Joanna Smyers

**Saturday, November 9<sup>th</sup>**

**Cooking for a Cause at  
Ronald McDonald  
House**

**From 8:00am-9:30am**

Join us to prepare a nice delicious brunch for families at the Ronald McDonald House – it will be like Master Chef but more fun and with more laughs and food made with love.



**\*\*Save the date!!\*\***

**Thursday, December 5<sup>th</sup>**

**Holiday Social @ Iron  
Hill Brewery and  
Restaurant on Haywood  
Rd.**

Details to follow soon!





## Sushi Mentorship Dinner

**Where: Sushi 356 (366 College Ave, Clemson SC)**

**When: Tuesday, October 22nd at 7:00 PM**

### RD's and Students:

Looking for a mentor or mentee? Join us for our Semi-Annual Mentorship Event. Students, we are coming to you! The event will be held at Sushi 365 in Clemson Tuesday, October 22nd from 7-8pm. If you know a potential nutrition student who would like to join the PDA and attend the event, please email [destinfaria.rd@gmail.com](mailto:destinfaria.rd@gmail.com).

**RD's-** Mentors are true heroes who coach, encourage, and guide students, interns, and young dietitians through the stressful and confusing times we have all experienced when entering the dietetics world. Mentors may help in area such as internship applications, recommendation letters, resumes, the RD exam, etc.

**Students/Interns-** You don't have to feel alone on your path to navigating the dietetics world. Allow a mentor to help guide you through DICAS, internships, and job hunting. Not to mention it can make a great recommendation!



**Any announcements?** Graduations, job offers/promotions, moving, anniversaries, weddings, human babies, fur babies??  
Whatever it is, we'd love to hear about and extend congrats to you!  
Please email [Piedmontdieteticassociation@gmail.com](mailto:Piedmontdieteticassociation@gmail.com) and let us brag about you in our next newsletter!

**Save the Dates!**

March 1, 2020:  
National Nutrition Month®

March 11, 2020:  
RDN Day

**EAT RIGHT**



**BITE BY BITE**

National Nutrition Month®  
March 2020

**Reminder:**

National Nutrition Month®  
resources and materials  
will be available on  
[eatright.org](http://eatright.org) in early  
2020.

2020  
eatright.org in early  
will be available on

March 2020

NATIONAL NUTRITION MONTH