

February 2015

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## *Become a Part of the 2015-2016 PDA Board*

**PDA is now accepting nominations for the 2015-2016 leadership board. With some of our board members stepping down after several years of service, this is a great opportunity to join the board and reap the benefits of networking with other professionals, developing leadership skills, giving back to our profession, and earning CEUs!**

The open positions for the 2015-2016 PDA year include:

**President-Elect** (3 year position) Assists the President in leading board, membership, & planning events. Performs functions of the President in the absence or disability of the President. Serves for 1 year as President-Elect (2015-2016) PDA district President (2016-2017), and PDA Past-President (2018-2019). The PDA President also serves on the SCAND board membership committee.

**Secretary** (1 year position) Serves as the main communication between the board and our membership by creating our quarterly newsletter, taking minutes during PDA board meetings, and managing the PDA Gmail account and listserv.

**Treasurer** (2 year position) Keeps complete and accurate financial records, provides a budget and membership update at board meetings, and manages the PDA checking account. Collects and documents PDA membership dues and membership list.

**Education Chair** (1 year position) Work with sponsors to coordinate monthly PDA membership events and socials, including booking a venue and catering. Also sends PDA Evites to members.

**Social Media/PR Chair** (1 year position) Serves as the point person for PDA to

the SCAND membership committee. Responsible for the planning of PDA Food Day and National Nutrition month events and also management of PDA media affairs (Facebook page, local TV stations, newspapers, etc).

If you are interested in furthering your leadership experience by volunteering with PDA, or would like to nominate someone, please email [ward.erin29@gmail.com](mailto:ward.erin29@gmail.com) with your resume by **March 15th, 2015**. Elections will be conducted in April 2015.

If you have further questions about a particular position, please feel free to reach out to the current position holder. Each individual's email can be found on the [SCAND website](#).



**2014-2015 Board Members**

**President:**  
Johanna Bertino RD, LD

**President-Elect**  
Lynn Schulte, RD, LD, CNSC

**Immediate Past President**  
Brittany Chin, RD, LD, CTTS

**Secretary**  
Karen Kemper, RD, LD

**Treasurer**  
Amy Downey, RD, LD

**Nominating Chair**  
Erin Ward, RD, LD

**Legislative Affairs**  
Cindy Thomas, RD, LD, CDE

**Education Chair**  
Priscilla Dhas, RD, LD

**Social Media/PR Chair**  
Katie Lybrand, RD, LD



## Announcing PDA's NNM Events!

National Nutrition Month has arrived again, and it is time for us to celebrate! As dietitians, we dedicate our time toward educating and providing nutrition care for our patients and clients in the Upstate community; this NNM we are going to continue to do just that!

### Volunteer at Harvest Hope Food Bank

Join us **Saturday MARCH 7<sup>th</sup> at Harvest Hope Food Bank from 9 am until 1 pm** to volunteer and give back to the Greenville community. We will be working to organize and store donations so that they can be effectively distributed to those in need. Mark your calendars and RSVP to the Evite coming soon!

\*We need **at least 20 to 25 people so bring your family and friends (ages 10 and up!)**

\*Wear your close-toed shoes and clothes you do not mind getting a little dirty

\*Address is 2818 White Horse Road, Greenville, SC 29611

### Celebrate RD Day with Cake Decorating

In addition to our volunteer project on March 7<sup>th</sup>, we will be celebrating NNM with a fun event for **RD Day. On March 11<sup>th</sup>** we will be gathering at Cakes By U, a cake decorating studio where they do the baking, and we do the decorating! Due to limited studio space, the first 20 members to respond to the Evite will be welcomed to the event. The price is only \$7, so RSVP quickly and BYOB! Come prepared to have fun with fellow RDs as we celebrate a day just for us!

\*Address is 637 Congaree Rd Suite A Greenville, SC 29607

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### Upcoming CEUs and Events

- February 26th—CEU Dinner Event: “The Magic of Nutrition: Collaborative Strategies to Improve Outcomes” presented by Abbott Nutrition. 6:00 PM at the Pelham Medical Center—Medical Office Building Community Room, 250 Westmoreland Rd, Greer
- March 4th-5th—SCAND Annual Meeting and Legislative Day in Columbia, SC
- March — National Nutrition Month Events
  - 7th—Volunteer at Harvest Hope Food Bank , 9:00 AM– 1:00 PM, 2818 White Horse Rd, Greenville ,SC
  - 11th—RD Day Celebration at Cakes By U, time to be announced, 637 Congaree Rd, Ste A, Greenville, SC
- April — Wound Healing CEU event to be announced. Check your email for communications from PDA.
- May — End of the Year Social to be announced. Check your email for communications from PDA.

\* PDA CEU events are *free* for PDA members and \$25 for non-PDA/AND members. AND members can sign up for a PDA membership at the meeting or send your membership form and dues to the PDA treasurer before the event. See membership form on page 5 of newsletter\*



## *PDA in Pictures*



### **December PDA Holiday Social at Palmetto Olive Oil Company**

In December, PDA hosted our 3rd Annual Holiday Social at Palmetto Olive Oil Company on Augusta Road. Members had a great time networking with fellow RDs and students while learning about, and of course tasting, the high quality variety of olive oils and balsamic vinegars they have to offer.

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### **January Mentor Event**

We got so wrapped up in our mentor panel discussion held at Baptist Easley Hospital, that we forgot to take pictures! The panel, which included Valerie Meador, Katie Lybrand, and Lynn Schulte, allowed attendees to learn from their experience and expertise in the areas of internship, clinical, community, and foodservice nutrition. We are so excited about the launch of this program and hope to hold another mentor event in May. Be on the lookout for more information from PDA!

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### **January CEU Event at Plate 108**

This jam-packed event displayed the talents and knowledge of two of our members, Brittany Chin and Karen Neely, who led us through a great 2 CEU event in the beautiful kitchen at Plate 108. Karen showed us how to plan and execute a cooking demonstration for clients. Afterward, Brittany taught us a crash course in food photography along with some great resources to build your photography skills!



## *The SCAND Annual Meeting is Almost Here!*

Dietitians at the Table: Connecting Policy, Practice and Perspective

March 4-5, 2015

Marriott - Columbia Downtown

1200 Hampton Street

Columbia, SC 29201

[Click here to register](#) or visit [www.eatrightsc.org](http://www.eatrightsc.org)



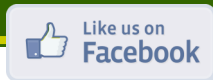
## *Academy Announcements*

- Now through April 30th the Academy is offering a discount to any new members who join using the code **AFC16**. With programs at the local level and support nationally, now is the time to make your career a top priority! To join or reactivate your expired membership, log in to [www.eatright.org](http://www.eatright.org) with your member ID/Username and Password, and select the 'Join the Academy' link.
- Voting is now open for the AND 2015 elections! Help shape the future of the Academy by exercising your membership privilege to vote. Elections run from **February 1st to the 22nd**. Cast your vote at [www.eatright.org/elections](http://www.eatright.org/elections) and be entered to win a FREE registration to FNCE 2015 in Nashville, TN.



*For the most up-to-date information, please  
"like" our Facebook Fan Page at:*

[www.facebook.com/piedmontdieteticassociation](http://www.facebook.com/piedmontdieteticassociation)



Questions or comments?

Contact us at [PiedmontDieteticAssociation@gmail.com](mailto:PiedmontDieteticAssociation@gmail.com)





## **2014-2015 Annual Membership Registration Form**

Name: \_\_\_\_\_

Credentials: \_\_\_\_\_

Address: \_\_\_\_\_

Street

City

Zip

Phone #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Note: Email will be the PRIMARY source of communication to let you know about PDA/SCAND happenings and other timely matters.)

Are you on Facebook? (please circle) Yes/No

Do you have a Twitter Account? If yes, please list your handle \_\_\_\_\_

Would you be interested in participating in a mentorship program through PDA? *Mentor* (please circle) Yes/No    *Mentee* (please circle) Yes/No

T-shirt size: S   M   L   XL

Place of Employment: \_\_\_\_\_

Practice/Specialty Area: \_\_\_\_\_

What CEU topics would you be interested in?

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### **You must be an AND Member to join PDA**

Academy of Nutrition and Dietetics (AND) Membership #: \_\_\_\_\_

Please make sure your state affiliate is the South Carolina Academy of Nutrition and Dietetics (SCAND), to change your affiliate go to the AND Member Payments tab of the eatright.org webpage.\

Membership Type (select one):

\$\_\_\_\_\_ Professional Membership (\$30)

\$\_\_\_\_\_ Retired Professional (\$15)

\$\_\_\_\_\_ Student Membership (\$15) –State Affiliate must be SCAND

\*Please make checks payable to: Piedmont Dietetic Association\*

Please send this form & your payment to the PDA Treasurer:

Amy Downey

301 Summitbluff Drive, Greenville, SC 29617

Questions: Please email the PDA Secretary Karen Kemper at

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



## **2014-2015 PDA Mentor Program Registration Form**

I would like to register as a PDA: \_\_\_ Mentor \_\_\_ Mentee \_\_\_ Both

Your Name: \_\_\_\_\_

Company Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email address: \_\_\_\_\_

Website (optional): \_\_\_\_\_

Current position: \_\_\_\_\_

Tell us about your professional goals (career, exams, education):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Are you interested in a 1-on-1 program or group? \_\_\_\_\_

Interests (Mentee)/Specialty (Mentors) Please circle all that apply:

- Blogging and social media
- Corporate wellness
- Diabetes
- Dietetic leadership
- Media
- MNT
- Nutrition Support
- Pediatrics
- Prevention/wellness
- Private practice/billing
- Sports nutrition
- Weight management
- Writing
- Professional development/dietetic internship matching
- Networking
- Other \_\_\_\_\_

Questions: Please email [PiedmontDieteticAssociation@gmail.com](mailto:PiedmontDieteticAssociation@gmail.com)

Send completed forms to Erin Ward at [ward.erin29@gmail.com](mailto:ward.erin29@gmail.com) or bring to any PDA Event