



Charlotte Dietetic Association Newsletter July 2018

President's Pen

Natalie Roberts, RDN, LDN

Happy Summer CDA Members!

I am so excited to step into the role of CDA President and work with a wonderful new board this upcoming year. We are already busy planning our future Member Meetings and discussing potential topics and speakers for our Regional Meeting in March. To kick off the year, we will be holding a member social at Olde Mecklenburg Brewery on Thursday, July 26th at 7:00 pm, and I hope to see you all there!

We are thrilled that Courtney Huddle, our past CDA Legislative Representative, is the new President for NCAND this year! Big things have been happening at the state level, with the name change of the North Carolina Dietetic Association (NCDA) to the North Carolina Academy of Nutrition and Dietetics (NCAND), as well as the passing of House Bill 357 (Modernize Dietetics/Nutrition Practice Act). Stay tuned for the new NCAND logo and updates about what's next for us following the passage of our bill. There will be an NCAND webinar in the fall providing further details.



Be sure to respond to [Action Alerts](#) from NCAND. We currently have three right now:

- [Preventative Health Savings Act, H.R. 2953 / S. 2164](#): As the chronic disease epidemic continues to worsen, the need is critical for legislation that will allow Congress to accurately assess the full savings of enacting prevention-focused measures. This bill would encourage a sensible economic review of proposed health policies and programs that Congress believes will improve public health.
- [The Preventing Diabetes in Medicare Act, H.R. 3124 / S. 1299](#): which would allow Medicare coverage of medical nutrition therapy provided by registered dietitian nutritionists for patients with pre-diabetes.
- [The Expanding Access to Diabetes Self-Management Training in Medicare Act, H.R. 5768](#) which would remove existing barriers to Diabetes Self-Management Training and improve utilization.

Please spread the word to other dietitians in the community who may not be members that Early Bird Registration is open until August 1st – we want them to join in on the fun! I look forward to meeting you all and working together to better our profession in an exciting year ahead.

In good health,

Natalie

VOLUNTEER WITH CDA

CDA is working on developing an active volunteer program for the 2018 – 2019 membership year!

Look for upcoming events in your email!

If you have any questions or suggestions related to volunteer events, please contact Amber Richardson, RDN, LDN at ariches92@gmail.com or (704) 951-7672

TAYLOR SOLOFF SCHOLARSHIP

The Charlotte Dietetic Association is thrilled offer for a second year the Taylor Soloff Scholarship. Taylor was an integral member of CDA, who selflessly volunteered her time and energy to serve on the board and contribute to advancing our profession. Through her position as Volunteer Events Coordinator, she gave back to the community and our profession in many more ways than we can count. After a long and hard fought battle with cancer, Taylor was taken from us too soon in November 2016.

By creating this scholarship, we want to honor Taylor and ensure that her legacy will not be forgotten. This scholarship will continue to “pay it forward” by helping to support dietetic students through funding for the Charlotte Regional Meeting. More details about the scholarship and how to apply will follow but if you are a student in a dietetics program or a dietetic intern, please start planning now to apply in the fall.

SAVE THE DATES

Membership Kick-Off Social

July 26, 2018

7:00 p.m.

Olde Mecklenburg Brewery

RSVP to Natalie at naroberts15@gmail.com

Fall and Winter Member Meetings

September 11, 2018

November 13, 2018

January 8, 2019

Topics, times and locations to be announced

NCAND Regional Meeting near Charlotte

Friday March 1, 2019

Journal Club Months

October, January, April

Topics, times and locations to be announced

THE CDA 2018-19 BOARD MEMBERS

President: Natalie Roberts, RDN, LDN

Past-President: Mariam Hollingsworth, MS, RDN, LDN

President-Elect: Jennifer Goodman, RD, LD, CNSC

Secretary: Stephanie Nielsen, MS, RDN, LDN

Treasurer: Tyler Harding, MS, RDN, LDN

Program Planner Co-Chairs:

Karen Bryant, MS, RDN, LDN

Amy Sparks, MS, RDN, LDN

Webmaster Co-Chairs:

Patricia E. Pitts, MS, RDN, LDN, LRD

Patty Parris, DTR, CDM, CFPP

Welcoming Committee Chair:

Tina Marie Bloomer, MS, RDN, LDN

Legislative Representative:

Courtney Lenhart, MS, RD, LDN

Membership/Awards Chair:

Chantal Otelsberg, MS, RD, LDN

Volunteer Events Coordinator:

Amber Swanner, RD, LDN

Journal Club Coordinator:

Michelle Palcsik, MS, RD, LD

Student Representative: Cassie Weeks

MEET THE BOARD



President: Natalie Roberts

Natalie Roberts, RDN LDN is currently practicing as the Registered Dietitian Nutritionist for a new and innovative primary care model with Atrium Health called Proactive Health. She graduated with a bachelor's degree in Food Science and concentration in Nutrition and Dietetics from Clemson University, and completed her Dietetic Internship in the Charlotte area through the Morrison Chartwells Distance Education Dietetic Internship. Natalie has experience in both outpatient clinical nutrition as well as school nutrition. Her passion lies in helping others feel their best through the use of realistic and achievable nutrition interventions that fit within her patients' lifestyles. Outside of work, Natalie stays active in the community serving as the President of the Charlotte Dietetic Association. In her free time, Natalie enjoys exercising (especially outdoors), trying out new recipes in the kitchen, cheering on Clemson football, and exploring all that Charlotte has to offer.



President Elect: Jennifer Goodman

Jennifer Goodman is the pediatric cystic fibrosis dietitian at Levine Children's Hospital. She received her BS in Food Science and Human Nutrition from Clemson University in 2014 and completed her internship at the Augusta Area Dietetic Internship in 2015. This is Jennifer's first position on the CDA board but is excited to be part of the group and to learn. In her spare time, you can find Jennifer participating in a variety of exercise classes throughout the Charlotte area.



Treasurer: Tyler Harding

Before becoming a dietitian, Tyler had a career in banking. Her decision to change fields was motivated by a lifelong interest in food and its relationship to health as well as her desire to help others more directly. Tyler completed her Master of Science in Human Nutrition from Winthrop University in 2015, followed by her dietetic internship at the University of Virginia Health System. She is currently working for Transcend Nutrition Counseling, a private practice focused on corporate wellness, where she is excited to use her nutrition expertise to help individuals establish their own way to sustainable, healthy living. Tyler enjoys breaking down current science into practical information, and she believes there is no one way of eating that works for everyone. In her free time, she can be found chasing her very active toddler and her two not so well behaved rescue pups.

Welcoming Committee Chair: Tina Marie Bloomer



Tina Marie received her Master's Degree in Human Nutrition from Winthrop University in Rock Hill, South Carolina where she also served as President of the Student Dietetic Association. Her entrepreneurial approach to the field of nutrition while in graduate school led to her first bestowal of the "Outstanding Contribution to the Field of Nutrition" Award. Her second bestowal of this prestigious award occurred while she worked for the Mecklenburg County Health Department as the Dietitian serving the families of Preschool and Elementary School children.

Tina Marie currently owns and operates a professional speaking and consulting business in the Charlotte area that provides seminars on a variety of topics such as whole food, plant-based nutrition, menu planning and cooking classes, gut health and hypothyroidism. She has successfully educated and inspired countless participants to not only shed thousands of unwanted pounds but because of embracing a healthier lifestyle, participants have also decreased or even discontinued their medications to treat high blood pressure, elevated cholesterol and diabetes. A former Personal Trainer and Trainer of Fitness Instructors, Tina Marie has the heart and charisma necessary for both one-on-one and large group instruction. After nearly 30 years of teaching health and nutrition-related presentations, workshops and cooking classes, Tina Marie has shown thousands of people the way to prevent disease, eat healthier, perform effective, injury-free exercise and achieve optimal health. She is an inspiration to many and passionate about motivating and teaching others how to live their best life!



Program Planner Co-Chair: Amy Sparks

Amy is a marketing and sales dietitian with Adult and Pediatric Specialists, a durable medical equipment company, specializing in the short or long-term care and support of tube feeding patients. She received her Bachelor's of Science degree in nutrition from Appalachian State University and completed her dietetic internship and master's in nutrition from The University Of Tennessee, Knoxville. In her spare time Amy enjoys barre and cycle workout classes, cooking, DIY projects, traveling, and spending time with family and friends. She is very excited for her second year serving on the CDA board as a co-program planner and all of the events in store!



Program Planner Co-Chair: Karen Bryant

Karen Bryant received her master's degree in Nutrition from SUNY Oneonta and bachelor's degree in Dietetics from Ball State University. For the past 9 years, she has worked as a Senior Clinical Dietitian/Nutritionist in an acute care hospital. At the start of her career, she worked with the YMCA teaching both adult nutrition classes and general health classes to elementary school children. Currently, she is doing clinical and consulting work PRN.

This is her second year as planning committee co-chair for the Charlotte Dietetic Association. She is very excited for what this year has in store! She loves being active, being outdoors, traveling and spending time with her husband and two children.



Legislative Representative: Courtney Lenhart

Courtney Lenhart completed her Master's in Nutrition and Dietetic Internship at Boston University. She currently works as a School Health Nutritionist providing MNT to K-12 students within the Charlotte Mecklenburg School system. Some of her favorite hobbies include gardening, running, and riding her bike.



Membership/Awards Chair: Chantal Otelsberg

Chantal Otelsberg, MS, RDN, LDN is the Registered Dietitian for the Charlotte Jewish Community Center and a PRN Clinical Dietitian for Novant Huntersville Medical Center. She is a graduate of Winthrop University's Master of Science Human Nutrition program. She completed her Dietetic Internship through Lenoir-Rhyne University Solmaz-Institute in 2016 and very much enjoys clinical nutrition and general nutrition education. She became a dietitian to help others make the best nutrition decisions for themselves and the their loved ones. Her favorite quote is "let food be thy medicine and medicine be thy food" - Hippocrates. "Preventative healthcare is critical in saving our current population and those in front of us. Knowledge is power. The more you know, the better choices you can make." Nutrition fascinates her and she is dedicating her career to educating and counseling others in proper nutrition.



Volunteer Events Coordinator: Amber Swanner

Amber graduated from the Coordinated Program in Dietetics at Purdue University in 2016. She then moved to North Carolina to pursue a career opportunity at Autumn Care of Marshville. Then in November 2017 she took an opportunity at Jesse Helms/CHS Union where she continues to work at a skilled nursing facility while developing her skills in the inpatient hospital setting. One of her career goals is to become board certified in gerontological nutrition.



Webmaster Co-Chair: Patty Parris

Patty is a dietetic technician, registered at Abernethy Laurels in Newton. Here she not only works in skilled nursing care, but with assisted and independent living residents. Starting her career in food service, Patty has moved to the clinical aspect of long term care. A graduate of local Gaston College, she is currently a student through The University of Alabama's DPD to obtain her bachelor's in human nutrition and to be eligible for her DI. She is an Appalachian-area local, with vast knowledge in local food and culture. Her most cherished possession is her grandma Patty's 70-year-old cast iron skillet. Most of her hobbies and passions revolve around food and nutrition: cooking, regional cuisine (any region—not just the south!), food/nutrition policy. She also enjoys being curled up with her dog Possum and vampire-cat The General, knitting and sewing, and traveling and hiking out west (where humidity tops out at 30%).



Webmaster Co-Chair: Patricia E. Pitts

Patricia E. Pitts is a recent transplant RDN from Memphis, Tennessee. Before moving to the Carolina area she received a BS in Health and Human Performance with a concentration in Dietetics along with an MS in Clinical Nutrition. After completing the dietetic internship, she attended L'Ecole Culinaire and earned an AOS in Culinary Arts and Diploma in Culinary Essentials. She had the privilege to work as a clinical dietitian and preceptor within the VA Medical Hospital system along with being a private chef and culinary instructor. Currently Mrs. Pitts works in clinical nutrition and teaches at a few local colleges. She is excited to serve as CDA's Webmaster

Co-Chair.



Journal Club Coordinator: Michelle Palcsik

Before becoming a Dietitian, Michelle was an event coordinator and a manager at a gas station. While in graduate school, she was a marketing and benefits manager for Palmieri Enterprise. Michelle completed her bachelor's degree in hospitality management and master's degree in nutrition at Kent State University. She completed her internship at Miami Valley Hospital in Dayton, Ohio. She worked as a Clinical Dietitian for three years at Cleveland Clinic, with experience in critical care and outpatient nutrition therapy. She specialized in GI and tube fed patients. She is now a clinical liaison for a home care company (Aveanna Healthcare) providing patients with tube feed education, formula/supplies and oral nutrition supplements. In her free time, she enjoys playing volleyball, hiking, cooking and laying by the pool.



CDA Student Representative: Cassandra Weeks

Casey Weeks is serving as the student representative for the Charlotte Dietetic Association and is currently a dietetic intern with Winthrop University. Casey graduated with her Masters of Science in Human Nutrition from Winthrop in May of 2018. During her time at Winthrop, Casey served as a graduate assistant for the department of Human Nutrition, assisted faculty in conducting research related to provision of nutrition services in primary care, and she traveled to FNCE to present their findings in 2017. Casey received her Bachelors degree in Exercise Science from the Arnold School of Public Health at the University of South Carolina in May 2015. At USC, Casey worked with Columbia's Cooking, part of the Cancer Prevention and Control Program, where she led cooking demonstrations and classes, presented at community health fairs, and managed volunteer programs, marketing, and customer relations. She is looking forward to serving on the CDA board!

SUMMER RECIPE IDEA

The following recipe was recently featured in the Detroit Free Press, Sunday July 8, 2018 in the Healthy Table column written by Darlene Zimmerman, RDN for Heart Smart and adapted from Ree Drummond.

ANGEL HAIR ARRABBIATA (serves 6)

- ◆ 1 small onion, quartered
 - ◆ 2 whole carrots, cleaned, quartered
 - ◆ 4 cloves garlic, peeled, halved
 - ◆ 2 T. olive oil
 - ◆ ½ - 1 tsp. red pepper flakes
 - ◆ 3 T. tomato paste
 - ◆ ½ cup white wine
 - ◆ 1 can (28 ounces) peeled, whole tomatoes
 - ◆ 1 T. sugar
 - ◆ 1 T. sugar
 - ◆ 2 tsp. Italian Seasoning
 - ◆ ½ tsp. black pepper
 - ◆ ½ tsp. salt
 - ◆ 12 ounces dry whole-wheat angel hair pasta
 - ◆ ¾ cup grated Parmesan cheese
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- ◆ Combine onion, carrots and garlic in a food processor and pulse until finely minced.
 - ◆ Pour oil into a large saucepan. Over medium heat, sauté onion mixture and red pepper flakes about 3-5 minutes to soften vegetables.
 - ◆ Add tomato paste and continue to sauté an additional 2-3 minutes. Add wine and stir to release fond from bottom of pan.
 - ◆ Add canned tomatoes (crushing each by hand), along with juices, sugar, Italian seasoning and black pepper. Reduce heat to low and simmer 20-30 minutes.
 - ◆ Remove sauce from heat, add salt and stir.
 - ◆ Prepare pasta according to directions or al dente and omit salt if called for on package.
 - ◆ To serve, plate about one cup cooked pasta and top with 2/3-cup sauce and 2 T. grated cheese.
- 367 kcals, 9 gm. fat, 58 gm. CHO, 12 gm. protein, 517 mg Na, 7 mg chol, 185 mg Ca, 8 gm. fiber.

SUMMER RECIPE FROM THE CDA BOARD

Submitted by Tina Marie Bloomer, RDN, LDN

TROPICAL VANILLA DELIGHT (serves 1)

- ◆ ½ cup coconut milk
 - ◆ ½ cup water
 - ◆ ½-frozen banana
 - ◆ ¼ cup frozen pineapple
 - ◆ ¼ cup frozen mango
 - ◆ ¼ cup frozen strawberries
 - ◆ ¼ tsp. cinnamon
 - ◆ 1 scoop/packet Vanilla Complete
- ◆ Combine all ingredients in a blender and mix until smooth!

CALL FOR MEMBER INPUT

If you would like to submit a favorite recipe with nutritional analysis to be featured in the newsletter, please email Stephanie at nielsens@winthrop.edu

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