



WDA News

Wichita Dietetic Association Newsletter

January 2015

Wichita Dietetic Association– Welcoming Dietitians in District 4 which includes: Barber, Butler, Cowley, Harper, Harvey, Kingman, Pratt, Reno, Sedgwick, Stafford & Sumner counties

2014-2015 WDA Board

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Welcome to 2015!

Many exciting things for WDA in the coming year!

National Nutrition Month is of course in March, with RD Day falling on March 11th! Our dear President-Elect, Gretchen Strathe, is our go-to gal for all things NNM. Be on the lookout for an RD Day Proclamation Announcement and other items regarding NNM. Also, check out the Wichita Health and Wellness Coalition's ideas for NNM on page 3 of the newsletter. Get Excited, Get Involved!

Don't forget the **Annual KDA Conference** is in Wichita this year!

Coming up in April at Hotel Old Town, keep it on your radar. More info in the coming months.

Cheers to 2015! May this year bring you all kinds of personal and professional success!

~Kat

Everyone! Check out WDA's brand new logo!

Our snazzy new logo was unanimously approved by our board at our January 14th board meeting. Ready to be applied to t-shirts, stickers and other items, we are excited to start seeing this logo around our community! Nutrition experts and nutrition supporters will be soon sporting this rad new logo! Brand recognition at its finest!



Don't forget to
join our Facebook page!

<https://www.facebook.com/groups/wichitadieteticassociation/>

FNCE 2014: A Look Back

By: Megan Fogarty, Nominating Committee Chair



I finally got the opportunity to make it to FNCE in Atlanta last year. I made it my mission to take in as much information as possible! From the emerging research on gut bacteria diversity on food allergies and obesity to the session on public policy, my thirst for knowledge was quenched. And to see a room full of dietitians and free food samples! We sure love to eat. The opening and closing sessions were very inspiring and I left with a warm feeling about what I do as a dietitian. We are *the* nutrition experts and we have a lot of influence. We have a responsibility to use that influence wisely and energetically. And we must do our part in securing the future of our profession. I hope to see you all at our next WDA meeting!

Upcoming meetings and socials!

Our first meeting of 2015 is going to be a good one! Our presenter will be Cheryl Carson, MS, RD, LD and the topic will be Minimizing Legal Liability Related to Nutrition - 2 CUEs approved!

When: Tuesday, February 10th, 5:30- 7:30

Where: Wesley Medical Center, Jayhawk Conference Room, 550 N. Hillside, Wichita, KS, 67214

Food will be provided via board members with a theme of "Breakfast for Dinner". Since February is heart health month, Megan Fogarty is bringing oatmeal and boiled eggs, and cinnamon. Glenna Harrison is bringing brown sugar, dried fruits, and walnuts. We also need members to pitch in to bring the following items:

Milk, maple syrup, fresh fruit in season, or anything else you see fit! (PLEASE CONTACT KAT IF YOU PLAN TO BRING ANY OF THESE ITEMS!)

Our March Meeting is set for Tuesday, March 10th (subject to change). Chef Miguel Larcher of Garden Grill Café will be offering a vegan food demo/preparation class for us to learn, participate and enjoy! Very excited for this meeting and Chef Miguel is too!



We have scheduled a **SOCIAL GATHERING** at **Cocoa Dolce** in **Bradley Fair** on **Wednesday, Feb. 25 at 5pm**. Come join us to taste chocolate and wine, and we shall see where the evening takes us!

COMMUNITY HAPPENINGS



<https://www.hwcwichita.org/>

The Health and Wellness Coalition of Wichita has a new sub-committee which you may be interested in joining! The Wichita Healthy Eating Sub-Committee is now up and running! Lots of stellar things planned to influence the health of our fair city and beyond, focusing now on National Nutrition Month.

The sub-committee would like to make short 'how-to' videos for preparing fruits, vegetables, different grains, etc which will be posted to Facebook, YouTube, etc. I, for one, am very excited to help out making these videos!! For more info or to sign up to help out, contact Tammi Krier at tammi.krier@ymcawichita.org

Souper Bowl 2015 | January 30, 2015

Our 15th Annual Souper Bowl will be on January 30, 2015, at First Presbyterian Church, Wichita, 525 N. Broadway! Souper Bowl 2014 was a huge success! We provided a bottomless bowl of soup and warm bread to over 500 attendees. Through this community event, IFM raises awareness about the many individuals living among us who experience hunger daily. This year, the over \$9,500 raised will help provide meals for those staying at Inter-Faith Ministries shelters. A hearty thank you to our sponsors, attendees, and volunteers who made this event possible. Please contact Kathleen Webb at 264-9303 or kwebb@interfaithwichita.org

HealthPulse

HEALTH AND WELLNESS
LECTURE SERIES

HealthPulse is presented by the KU School of Medicine-Wichita and Newman University and is designed to help educate the public on health matters. The lectures are open to the public. \$5 advanced registration is required and includes lunch. Registration will close at 5 p.m. the day before each lecture.

Register at: <http://wichita.kumc.edu/healthpulse.html>

11:30 a.m. to 1 p.m., Dugan-Gorges Conference Center
Newman University, 3100 W. McCormick

- **Feb. 10, 2015**
 - What's Missing From Treatment for Women with Borderline Personality Disorder
 - Gloria Hegge, Ph.D., assistant professor of social work, Newman University
- **March 10, 2015**
 - Walking to Health
 - Carmen Stephens, M.S., BSN, RN, instructor of nursing, Newman University
- **April 14, 2015**
 - Vaccinations: Who? When? Why?
 - Robert Wittler, M.D., pediatric residency program director, professor, KU School of Medicine-Wichita
- **May 12, 2015**
 - Type 2 Diabetes
 - Justin Moore, M.D., medical director, KU Wichita Endocrinology, assistant professor of internal medicine, KU School of Medicine-Wichita
- **June 16, 2015**
 - Mindfulness
 - Drs. Mike Duxler and Audrey Hane, Newman University
- **July 14, 2015**
 - TBA
- **Aug. 11, 2015**
 - Healthy Snacking for Busy Families
 - Judy Johnston, M.S., R.D./L.D., research instructor, Preventive Medicine and Public Health, KU School of Medicine-Wichita