



WDA News

Wichita Dietetic Association Newsletter

October 2014

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

Hello and Welcome to WDA 2014-2015!

Hello to all of you lovely dietitians! I hope as this year begins to wind down, it finds you all happy, healthy, as stress-free as possible and in love with life! I really think that this year is going to be great for WDA, and seriously, what a stellar beginning with the Fall Social, Sept 30th at Piccadilly! A great turnout- Lots of new faces added to our tried and true group of RDs-- what a fun networking time we had! A relaxed atmosphere, great conversation and good food are always the best, right? Check out these pics from the event:



2014-2015 WDA Board

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Megan Fogarty, Nominating
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I hope to plan some things this year that will stimulate our minds, keep us excited about our profession and WDA and get us involved in our community....and really spread the word about the WDA, the association of rockin' nutrition experts! Cheers to 2014-2015!

~Kat

ALSO:  [Don't forget to join our Facebook page!](https://www.facebook.com/groups/wichitadieticassociation/)
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FNCE is this weekend! Oct 18-21, 2014 in Atlanta, GA. Who's going? Be sure to take pictures and we'll add them to the Nov. Newsletter!

Saturday, October 18th, 2:30-4:00 **FREE FILM SCREENING** at WSU's Campus Activities Center Theater: A Place At the Table (50 million people in the U.S. - one in four children - don't know where their next meal is coming from, despite our having the means to provide nutritious, affordable food for all Americans. Directors Kristi Jacobson and Lori Silverbush examine this issue through the lens of three people for who are struggling with food insecurity)

Meet the Board! 2014-2015

Kat Ruyle, President

Consultant Dietitian with Gerwick and Associates.

Favorite place to eat in Wichita: Molino's! Huevos De Molino's is my favorite dish!

Gretchen Strathe, President Elect

Clinical Dietitian with Sodexo at Wesley Medical Center
Ziggy's Pizza- The White Delight

Cassie Bumsted, Secretary

Clinical Dietitian at Wesley Medical Center
Loves Ziggy's- Gluten Free Cheese Pizza Or Tanya's Soup Kitchen- GF
Chef Sandwich + Tomato Basil Soup

Glenna Harrison, Treasurer

Consultant Dietitian, part-time at AMG Hospital and also at a skilled
nursing facility.
Likes to eat at Maurice's and loves the chicken schwarma

Charlotte Buchanan, Bylaws

Kansas Medical Center, KU-Wichita Pediatrics PKU & Galactosemia
Clinic, Infusion, LLC. Favorite place to eat: Bella Luna - Hummus
and Chicken Shawarmah

Rebekah Crowder, CPI Chair

Patient Services Manager at Wesley Medical Center,
Favorite Place to eat: Kanai Sushi and Sake – Love the TunAvo salad
and West End roll.

Megan Fogarty, Nominating Committee Chair

Specialist at Nutrition Services, Wichita Public Schools
Loves Old Mill Tasty Shop-- seafood salad sandwich on wheat berry
bread and house salad or Public at the Brickyard-- whatever the
Chef's special of the day is!

Food Day is October 24 and the Health & Wellness Coalition and the Sedgwick County Health Department are trying to raise awareness regarding the importance of healthy eating!

Everyone gathers in the kitchen, right? Good eating habits are easier to stick to when healthy options are within reach - so we're challenging you to "Flip Your Fridge" this October! It's time you saw your fridge in a new light.

Try these 5 easy steps to get started:

1. Easy to see, easy to choose: place healthier snacks like fresh fruits, veggies and hummus, light yogurt, string cheese, or bagged nuts visible, and at eye level. Use clear containers so you know what's inside
2. Make it snack-ready: as soon as you get home from the store spend a few minutes washing and cutting up some of your produce so that's it an easy grab when hunger strikes
3. Out of sight, out of mind: keep the less-healthy items in the back of the fridge or tucked away in a drawer
4. Be food-safety minded: keep any raw meat in the bottom section or drawers of your refrigerator
5. Rethink your drink: best bets are water, seltzer water, unsweetened tea and low-fat or skim milk as your thirst quencher.

Enter for a chance to win gift cards for groceries:

- take a before and after 'selfie' fridge photo
- post them online to www.facebook.com/fitWichita by October 26th.

We are still looking for 2 dietitians to serve on our nominating committee! If you'd like to volunteer, please let our chair, Megan Fogarty, know.

Upcoming meeting!

Our first meeting will be at Regent Park Rehabilitation and Healthcare on Wichita's east side and the topic will be Culture Change in Long Term Care, which is a topic near and dear to my heart as a LTC RD. I think you'll find the topic interesting, and the tour of the facility really cool. Our Presenter will be the administrator, Chris Rea, who is a wonderful speaker.

When: Thursday Nov 6th, 5:30-7:00 or 7:30

Where: Regent Park, 10604 East 13th St N, Wichita, KS 67206

This will be a potluck meal as we had so much amazing food at our last potluck, it will be fun to do it again! I will plan to bring a big crock of Potato Soup and some bread to warm us up during the coming fall weather! There will be a very short board meeting immediately following as well.