



# KSAND Communicator Fall 2018

The KSAND newsletter serves to inform members of current news related to food & nutrition, and KSAND activities.

## President's Message

Hi KSAND Members!

The [2018-2019 KSAND Board of Directors](#) has finalized their [Annual Plan of Work](#) in support of [KSAND's Strategic Plan](#). Action items include, increasing communication to internal and external stakeholders through quarterly Communicator publications and social media postings, raising awareness of RD services across the state through advocacy-related events and potential community events, providing diverse and relative evidenced-based continuing education events for our members, enhancing networking opportunities among our members across the state, improving board of directors' policies and procedures, and empowering our members to lead as nutrition experts.

Please allow me to share my why... Community and organizational involvement were demonstrated as an invaluable form of giving when I was growing up. My mom and grandma were both heavily involved in church, youth-related organizations in the community, local park renovations, community garden projects, and baking goods and cross-stitching samplers for fundraisers for a multitude of nonprofits at any given time. So naturally, I was involved by default. As I matured, I came to appreciate the philanthropic work of being a volunteer for organizations whose purpose was to support a mission and vision I agreed with. I choose to be involved in KSAND because it allows me to give back to our organization, our community, our profession, and to those before me who did the same and established the credential I proudly sign after my name. It is an opportunity to cultivate the future.

I challenge you to think about your skillset and how it could contribute to our organization and the future of dietetics. You may not want to be president, but perhaps you like writing and want to help with marketing materials? Maybe you have limited time to give and prefer to work on a committee who meets occasionally to work on a specific project? Maybe you prefer to work independently and are interested in serving as our bylaws chair or updating our website? The bottom line... please do not underestimate your talents and what they could bring to our organization! Ask [Jeannine](#) or myself if you have questions and think you want to get involved. **NO AMOUNT OF TIME GIVEN IS TOO SMALL!**

Please do not hesitate to reach out with questions or concerns. KSAND BOD is here to support you. If there is something you are interested in seeing happen, an event we need to know about, or a dietetics-related policy/practice issue you would like to communicate about... PLEASE, let us know!

On behalf of the 2018-2019 KSAND BOD, we look forward to continuing our work, and striving to advance our great association and profession!

ENJOY THEY DAY!

[J. Morris, MS, RD, LD, ACE-CPT](#)



## Academy News

### Attend FNCE® to Stay on the Cutting Edge of Dietetics

Advance your career by being up to date on the latest in dietetics. FNCE® offers a number of must-attend events where you can gain insights while also earning CPE. Don't miss out on sessions featuring emerging trends such as brain health, cannabis, big data, artificial intelligence, new counseling techniques and much more! Learn more about all advanced programming available at FNCE®. Registration now open. Visit [www.eatrightFNCE.org](http://www.eatrightFNCE.org) to learn more today.



### FNCE Networking Event

Join KSAND and neighboring affiliates at our joint [FNCE Networking Event](#), Sunday, October 21, 2018, 5:30-7:30pm, Baby Whale, 1124 9<sup>th</sup> St NW, Washington D.C. Join us for this great evening of networking, collaborating with colleagues and meeting new people. We hope to see you there.



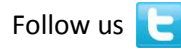
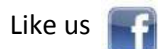
### Attention Students – Apply for your Student Stipend Today

The Academy Foundation's Student Stipend Program is designed to help active Academy student members attend FNCE®. Students who have registered for FNCE® can apply for a \$100 stipend, which have been made available from the Academy Foundation thanks to the generosity of the many Dietetic Practice Groups (DPGs), state affiliates and individual Academy members who have supported this program. The application process is now open. [Apply Here.](#)

Visit [www.eatrightFNCE.org](http://www.eatrightFNCE.org) to learn more today.



### Advocacy Update



[Kansas Academy of Nutrition and Dietetics – KSAND](#)

## KSAND News

### Calling for NOMINATIONS!

Are you interested in volunteering your time? The KSAND Board of Directors is always looking for great volunteers like you. The Nominating committee is already hard at work looking for volunteers for the 2019-2020 board and would love to speak with you. Are you interested in hearing more about a board position? Please check out our Board Member Spotlight in this newsletter. Can we tell you about our elected position openings? The Nominating Committee would love to connect with you to discuss open Board positions. Reach out to Committee Chair [Jeannine Goetz](#) for more information.



**Election**  
★ ★ ★ 2019 ★ ★ ★

**FEBRUARY 1-15, 2019**  
**Now Accepting Nominations!**

[Click Here](#)




**egri right.** Academy of Nutrition and Dietetics


### 2019 KSAND Annual Conference and Exhibits

Every spring, Dietitians from across the state of Kansas get together to share knowledge and learn from the best. KSAND encourages you to join us for the KSAND Annual Meeting, hosted in Manhattan on April 12, 2019. The event will bring together a variety of Registered Dietitians and more from all over the Sunflower state!

Check out the [KSAND website](#) and follow us on social media for event info, updates, and more!



Like us 

Follow us 

[Kansas Academy of Nutrition and Dietetics – KSAND](#)

## **KSAND Annual Conference Logo Contest: Calling all Students!**

Do you have artistic talents? How about just a great idea? Well, we have the contest for you. We are looking for student volunteers to design our 2019 KSAND Annual Conference and Exhibits logo. The student who designs the winning logo will receive one \$200 scholarship award from the KSAND Foundation along with one paid registration to the 2019 KSAND Annual Conference and Exhibits held April 12, 2019 in Manhattan, Kansas. The winning logo will be used to promote the 2019 KSAND Annual Conference and Exhibits using the theme, "Leading the Charge: Food & Nutrition in the Modern World. Hurry! Don't wait the application deadline is October 1, 2018. Find out more information [here](#).



## **Welcome Kansas City Academy of Dietetics and Nutrition (KCAND)!**

The former Kansas City Dietetic Association (KCDA) is starting the year off with a new name. This dynamic group is now called the Kansas City Academy of Nutrition and Dietetics (KCAND). For more information on upcoming events and CEU's, like **Kansas City Academy of Nutrition and Dietetics** on Facebook or online at <http://www.eatrightkcand.org>. Membership is open to all AND members in the Kansas City area. To either renew membership or join KCAND, find us at <http://www.eatrightkcand.org/kcda-membership-fees/>



## **Western Kansas Dietetic Association's Annual Fall Meeting**

Join the Western Kansas Dietetic Association for their Annual Fall Meeting titled "Dietitians Learning Together." This year's meeting will be held October 4<sup>th</sup> and 5<sup>th</sup> at the Sleep Inn Conference Center in Colby, Kansas. This meeting will offer continuing education, fun networking and a whole lot more.

For more information or to send in your registration, contact [Heidi Stevens](#).





## Farms, Forks & 4H Festival

K-State Research and Extension Sedgwick County hosted the second annual “Farms, Forks & 4-H Festival” in August, to highlight all of the programs Extension has to offer in the community. Part of the Nutrition, Health, and Wellness Department’s exhibit was a Smoothie Cycle booth. The Smoothie Cycle is a bike with an attached blender powered entirely by its rider. The bike was used as a fun tool to communicate nutrition and physical activity messages such as: 1) diets should include a variety of fruits and vegetables, 2) choose fat-free or reduced-fat dairy products, 3) limit beverages with added sugars and 4) physical activity is fun. In order for participants to ride the bike, they had to visit the other nutrition booths and participate in the physical activity game. K-State Research and Extension Sedgwick County would like to thank KSAND for their financial contribution!



## Update Request Featuring YOU

KSAND is working on updating our [KSAND Dietitian Referral Directory](#) to include a Speakers Bureau. The directory will be published on our website to serve as a resource to consumers. We are considering other ways to utilize it as a marketing tool to help promote RDs as the go-to nutrition resource in Kansas.

Please submit your information [here](#) by **October 15, 2019** to be included. Our current directory is outdated and your information will not be carried over. Don’t miss this exciting opportunity.

## KSAND Closed Facebook Group Now available!

**Join Today!**

YOU'RE INVITED TO THE

### KSAND Closed Facebook Group!

- This group allows KSAND members to interact and get to know one another in a secured group.
- Get updates on conference information
- Have the opportunity to purchase discounted books from the Academy
- Stay up to date on issues going on in the state

[CLICK THIS LINK TO JOIN](#)

Like us

Follow us

[Kansas Academy of Nutrition and Dietetics – KSAND](#)

KSAND does not have editorial or other control over the contents of the referenced websites, is not responsible for the opinions expressed by the authors of listed articles and does not endorse any product or service. If you have questions regarding this e-newsletter’s content, please contact [Kristi Thaete](#).

## Board Member Spotlight

*KSAND Board Q&A Feature is a new feature that highlights KSAND board volunteers and gives you information you can use about board positions.*

### Kristen Sprouse, RD, LD

*Position: President-Elect*



#### What led you to volunteer for the KSAND Board of Directors?

I felt that the opportunity to volunteer for a position on the KSAND Board would be a great way to work with a team of talented dietitians and improve myself through collaboration. It has been a great opportunity and I have met some amazingly talented people who are doing great things for our community, including advocacy, legislation and community outreach.

#### What do you enjoy most about being on the KSAND board?

I feel really proud to be a dietitian and having the opportunity to serve as a board member gives one the ability to help improve our profession. Being part of a team of talented, like-minded individuals striving to better our profession has been one of my favorite parts of KSAND. It's been amazing to see and work with other people who have that same passion that I have to improve dietetics for all those involved: the patients and the professionals.

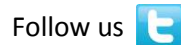
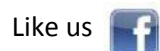
#### What advice would you give to someone who is interested in volunteering for the board?

Do it! It's a great experience and helps you develop yourself professionally. Volunteering allows you to interact and network within our profession. The board is full of great leaders that are very willing to help you achieve success in any position. Find what interests you and get involved!

#### What is your day job?

I primarily work as a consultant in skilled/acute care facilities, covering territory on both sides of the state line. I enjoy working with older adults and am especially focused on improving the dining experience in long-term care facilities.

**If you're interested in joining KSAND's board, contact KSAND President [Jennifer Morris](#) or Nominating Committee Chair [Jeannine Goetz](#) for more information!**



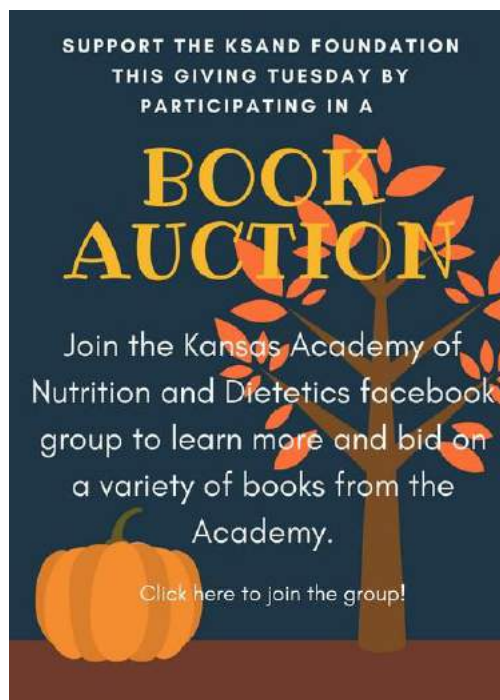
[Kansas Academy of Nutrition and Dietetics – KSAND](#)

## Important Dates and Info

**October 23** – KCAND is hosting an October CEU Event which includes a Cooking Demonstration and Cardiac Nutrition presentation. The event will take place at The Olive Tree in Overland Park from 5:30-8:00pm. This event is free to KCAND members.

**November 1** – Applications for Wichita Dietetic Association are due on or before Nov. 1, after this date membership prices increase. Any questions, reach out to [Morgan Hook](#).

**December 14** – KU Department of Nutrition and Dietetics is hosting the Clinical Nutrition Seminar from 8am to 12pm at the University of Kansas School of Nursing Auditorium. This program is titled *Neuroprotective Nutrition: Potential Implications for Head Trauma in Sport and Health* and is free to attend. For more information or to register for the event contact [Bonny Murrell](#).




## Other Continuing Education


### *The Academy's Continuing Education Resources*

The Academy supports your educational goals while providing continuing education credits necessary for dietetic registration status. Get CEUs on your own time by:

- Academy's [Webinar Series](#)
- Read [Academy Practice Papers](#) and complete a quiz to earn 1 free CPEU
- [Webinar Series](#) that are available for individual or group use
- [Presentations](#), including MNT, smart business practice and management, and past FNCE seminars
- [Recordings](#) of previously presented webinars on a variety of food-, nutrition- and healthcare-related topics
- [Face-to-Face Learning](#), including expos, workshops, and training programs
- [Certificates of Training](#) and [Online Courses](#)

**NCES** - Looking for professional Resources, patient education materials and teaching aids? Look no further! [NCES](#) makes fundraising easy for KSAND. Shop at NCES using [this link](#) and a portion sales will be donated to KSAND!

Like us 

Follow us 

[Kansas Academy of Nutrition and Dietetics – KSAND](#)