

The Heart Issue—MDA Newsletter

January / February 2010



President's Message

Dear MDA Members,

I want to wish all of you a Happy New Year! I do hope that 2010 is treating all of you well. With a new year- and a new decade- starting, this is a great time to set some new goals for yourself, try something new and different, or venture out of your comfort zone. You can do anything that you set your mind to! I know we have some wonderful dietetics professionals out there in Miami-Dade County!

Our campaign is in full swing, in a quest for nominations for our 2010-11 MDA Administrative Council elected positions. Please nominate yourself or someone you think would be a great candidate for the Board! Elected positions available are: President-Elect, Treasurer, Secretary, and Nominating Committee (3 positions). Please contact our Nominating Chair, Cristina Scally at scally0911@yahoo.com, with any questions or input! Please keep your eyes open for more information on our website, www.eatrightmiami.org, as well. Whatever you do- I urge you to get involved!

I am excited about our Mentorship Program with the Nutrition/Dietetics students at Florida International University (FIU)! We have some great mentor/mentee matches now, and I am looking to recruit more mentors. Get ready dietitians! This would be an invaluable experience, and greatly appreciated by the students. You will be hearing from me soon.

Thank you for all that you do for our association, the community and the dietetics profession here in Miami-Dade County!

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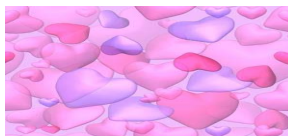
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Possibly, one of your goals may be to become more involved with the Miami Dietetic Association- coming out to more member meetings; volunteering for our sponsored community events- such as the upcoming Sister to Sister Women's Heart Health Day this February 2010, <http://www.floridaheart.org/heartday/>, or even by becoming an integral part of our Administrative Council and Board! Getting involved may assist you in getting your CEU's, expand your professional network, build your teamwork and leadership skills, allow you to be a part of an organization that makes a difference, and of course have fun while you are doing all of this!

I hope you have been enjoying our member meetings so far this year. We have more exciting meetings planned for you, with an array of topics and speakers. Keep checking our website for information on any upcoming meetings. Please come out and join us! Always remember to please provide us with your input on what topics and speakers you would like to see.



Sincerely,
 Dawn Stewart, MBA, RD, LD
 President, Miami Dietetic Association
 Greater Miami Dietitian, 2009



President's Elect Message

*Fresh Start
to a new
you!*

Dear MDA Members,

Happy New Year! It is hard to believe that we are in the New Year 2010 and that we are already in the month of February! I also find it hard to believe that we have already completed half of the MDA year. Based on the feedback from meeting evaluations, many of you have indicated that you have enjoyed the meetings thus far. In September 2009 at our kickoff meeting, Dr. Melissa Marra gave an excellent presentation on "Vitamin D: Bones and Beyond".

In October, Mary Snipes, MS, RD, LD/N provided an informative update on "Chronic Kidney Disease and Medical Nutrition Therapy". In November, Gayle Dietz, MS, RD, LD/N; Ana Cleves, RD, LD/N and AnaMarie Garces de Marilla, MPH provided an insightful presentation on "Health & the Built Environment: How does Nutrition Fit". We started off the New Year with a collaborative meeting with MDA and the Miami-Dade AHEC by having Ximena Jimenez, MS, RD, LD/N deliver an interesting lecture on "The Impact of To-

bacco on Appetite & Metabolism".

The Miami Dietetic Association continues to ensure that our members are provided with a variety of meeting topics. On February 17, 2010, Dawn-Michelle Simon, RD, LD/N will present on the topic "Food Allergies & Feeding Aversions Among the Pediatric Population". The meeting will be held at Miami Children's Hospital. Additional information regarding specific location and time of the meeting is posted on our website - www.eatrightmiami.org.

Our annual March Workshop is scheduled for Saturday, March 27, 2010 at the Florida International University South Campus. Additional Information regarding speakers will be provided in the near future and can be accessed on our website in the coming weeks. Please save the date and support your local organization.

Also remember that March is National Nutrition Month, we encourage all our members to participate in various activities that promote the important role nutrition plays in achieving

health and wellness. Please remember to document and photograph any activities that you participate in for the month of March; as FDA monitors the activities of our local organization.

I would like to thank all our members for supporting the Miami Dietetic Association; it is your commitment to this professional organization that helps impact the field of nutrition. Please continue to offer suggestions for topics and potential speakers; your input is valuable. I would also like to thank our sponsors, they play a pivotal role in MDA providing exceptional speakers and meals at our meetings.

I am looking forward to seeing you at our next meeting!

Sincerely,

Stephanie Wade, MPH,
RD, LD/N
President-Elect, 2009-
2010
Miami Dietetic Association



Be happy!

Be Heart

Healthy!

Sister to Sister Annual Women's Heart Health Fairs

Heart Health Month is such an exciting time of year, as awareness that heart disease is the number one killer of women continues to grow. Every woman has the chance to dramatically reduce her risk of heart disease, which is largely preventable by adopting healthy lifestyle changes.

Put simply, Sister to Sister's annual Women's Heart Health Fairs save lives. Held each year during the month of February (Heart Health Month), our FREE, fun, one-day fairs offer:

- Heart disease screenings and risk assessments -- in just 15 minutes!
- On-site counseling sessions to create an individualized health-action plan.
- Medical experts taking questions and presenting cutting-edge information.
- Lifestyle pros demonstrating simple cooking, activity, and eating changes that can lower heart disease risk dramatically.
- Raffles, door prizes, massages, and giveaways that add to the fun.



Based on statistics from previous years, four out of 10 women attending our fairs will discover that they have two or more heart disease risk factors. With statistics like that, can you afford *not* to attend? Even better, bring a few friends!

Sponsored by Florida Heart Research Institute (FHRI)

Friday, February 19, 2010

8:00 am—2:00 pm

James L. Knight Center - 400 S.E. Second Ave., Miami, FL

There is also a second event this year— at Dadeland Mall!

Saturday, February 27, 2010: 10 AM– 4 PM



Valentine's Recipes



*Happy
Valentine's
Day !!!*



Healthy Hearts

Move over, Cupid. These edible valentines will win the heart of everyone in the family. They're also sure to be a hit as a classroom snack.

Ingredients:

- Watermelon slices
- Orange slices
- Bamboo kitchen skewers

Instructions:

1. Use a heart-shaped cookie cutter on watermelon slices. Poke a bamboo kitchen skewer through each heart, then complete the arrow with an orange slice tip and tail.

Heartfelt pancakes

Serve some heart-shaped pancakes to kick off Valentine's Day -- or any other special day! Pancake batter makes nearly ideal "ink" on a hot griddle. We used our regular made-from-scratch pancake recipe with a splash of extra milk for fluidity and doubled the recipe so we'd have plenty to practice with.

Ingredients:

- 2 cups sifted flour
- 1 tsp. salt
- 2 tbsp. sugar (optional)
- 4 tsp. baking powder
- 2 eggs, lightly beaten
- 1 1/2 cups plus 1 tbsp. milk (or buttermilk)
- 4 tbsp. butter or margarine

Instructions

1. Preheat griddle over moderate heat while you mix batter. Sift (with a real sifter, if possible) flour, salt, sugar and baking powder into a bowl. Combine egg, milk, and butter in a separate bowl and slowly stir into dry ingredients. Mix well so lumps won't gum up the process.
2. When a drop of cold water will dance on the griddle, begin cooking. To make a "pen," funnel the batter into a squeeze bottle with a hole in the cap, such as a clean chocolate syrup container. On the griddle, shape the hearts one lobe at a time. They're really just a V shape, which spreads out into a heart on the griddle. You can also write secret messages or your child's initials. Top with fresh berries and maple



Robert Stempel College of Public Health and Social Work
FLORIDA INTERNATIONAL UNIVERSITY

Paths of Public Health *Awards*

Call for Nominations:

Florida International University's

Robert Stempel

College of Public Health and Social Work

Paths of Public Health Awards

Deadline: March 1, 2010

Florida International University's Robert Stempel College of Public Health and Social Work is seeking nominations for the Paths of Public Health Awards.

The awards recognize outstanding South Floridians who are working to improve and maintain the health of our community.

Nominees must be Broward, Miami-Dade, Monroe, or Palm Beach county residents whose primary work is related to improving the health and/or ensuring the safety of South Floridians. Nominations are being accepted for the following categories:

- Epidemiology and Disease Surveillance
- Health Promotion and Disease Prevention
- Environmental/Occupational Health and Public Safety
 - Health Policy and Management
 - Community Nutrition/Dietetics
 - Social Work

Nomination guidelines and instructions are available at:

http://cphsw.fiu.edu/path_award.html



Miami Dietetic Association Nomination Ballot

Now is the time to nominate yourself or a fellow member for the MDA Administrative Council, or an end of the year award!!

ADMINISTRATIVE COUNCIL POSITIONS (2010-2011)

President-Elect

Recipient must have served on the MDA Board of Directors and/or Administrative Council as an officer or committee chair a minimum of two (2) years; consecutive years of service is not a requirement.

Secretary

Treasurer

Recipient serves a 2-year term

Nominating Committee

The Nominating Committee consists of three (3) members, of which the person with the highest total votes serves as Chairperson.

**can nominate up to 3 candidates*

AWARDS

Recognized Young Dietitian of the Year (RYDY)

To give recognition to a district dietitian (under 35 years of age) for service to the profession and commitment to the Miami Dietetics Association.

Recognized Dietetic Technician of the Year (RTY)

To give recognition to a district dietetic technician for service to the profession and commitment to the Miami Dietetic Association.

Greater Miami Dietitian of the Year

To give recognition to a district dietitian for outstanding service to the Miami Dietetic Association.

Distinguished Dietitian

To give recognition to a district dietitian for outstanding service to the Miami Dietetics Association and the field of Dietetics.

Emerging Leader Award

To give recognition to a district dietitian who has made distinctive contributions early in their dietetics career, regardless of age. Demonstration of competence and activities in the district association as a leader is required.

Commitment Award

To give recognition to a district dietitian who has shown outstanding service to the association and has served on the Administrative Council for 5 consecutive years.

Outstanding Service Award

To give recognition to an Association, Company, Corporation or Individual (not a member of MDA) who contributed and has given outstanding support to MDA.
