



*Nashville Academy of  
Nutrition and Dietetics  
Newsletter: May 2017*

Board Transition  
meeting:

*June 13, 5:30pm*

*St. Thomas West*

Updates:

*Congratulations to  
Nicholas Rush, our  
new student  
representative!*

# *Letter from the President*

Dear NAND Members,

As the month of May comes to an end, I am energized and excited about our upcoming membership year. Thanks to our 2016-2017 Board Members for their hard work in creating fabulous networking opportunities and educational events for NAND members this past year. We recently hosted a Spring Webinar-Based Journal Club on May 11<sup>th</sup> on "A Review of the 2017 ADA Standards of Medical Care in Diabetes." These webinars allow our members to get CPEUs from the convenience of their work place or home computer. Please provide our CPI Chairs feedback on whether or not you would like to continue to see similar educational events such as our online webinars.

We had two other excellent events for members this month. First, the fresh Savings Program at the Nashville Farmer's Market was held May 20<sup>th</sup>, from 10am-2pm with the AARP Foundation and the Nashville Farmer's Market. Recently, NAND hosted a fitness event with Pure Barre Franklin and paid for 25 members to attend a great workout session and enjoy a chance to network with other professionals. We hope those who attended had a great time and felt "the burn!" As a reminder, NAND is extending our membership renewal deadline to June 16<sup>th</sup>. Renew today online and enter for a chance to win one of three \$25 gift cards!! (continued)

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We have completed our Board Members for 2017-2018, and I want to say a huge welcome to our leadership team:

President: **Emily Hogan**

President-Elect: **Kara Andrew**

Secretary: **Beth Dunlap**

Treasurer: **Jamie Flick**

Nominating Chair: **Amanda Erickson**

Nominating Chair-Elect: **Melissa Giovanni**

Nominating Member: **Laurabeth Burgess**

CPI Chair: **Christine Tapocsi**

CPI Chair-Elect: **Leah Drake**

Awards/Scholarship: **Kayla Little**

Membership Chair: **Chelsea LeBlanc**

Membership Initiative: **Lori Black**

Public Relations Chair: **Heather Bumbalough**

Fundraising Chair: **Katie Hinton**

Website Coordinator: **Kayley Lynd**

Legislative Chair: **Polina Vorobeychik**

Student Member: **Nicholas Rush (MTSU)**

It is our leadership that strives to make NAND membership beneficial by providing unique networking opportunities and high-quality educational events in the Nashville community. We continue to seek your feedback, as we want to continue to grow our organization and build a strong community of nutrition professionals. Please do not hesitate to email us by finding our contact information on our website.

Lastly, I would like to take a moment to say thank you. It has been an honor to serve as the President this past year for NAND. Although I had to take some time away this winter to welcome my beautiful daughter into the world, I have enjoyed getting to work with the Board and meet our local nutrition experts. Thank you for the work you do every day in the world of nutrition. Continue to read your emails and be on the lookout for upcoming events! Have a wonderful summer.

In Good Health,

Sarah Martin

NAND President 2016-2017

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# Please remember to renew your NAND Membership for 2017-2018!

Being a member provides great benefits to those in the Nashville area including free CEU's, sponsored events, networking opportunities, and more!

Renew by June 16<sup>th</sup> and be entered for a chance to win one of three \$25 gift cards!

<http://eatrightnashville.org/index.php/become-a-member/>

When renewing, please take a moment to also fill out the "Find a RD" section. This helps to identify your specialty areas and allows those in the community to find you on our reputable webpage.

Friendly Reminder: Please be sure to renew your AND (Academy of Nutrition and Dietetics) Membership prior to your NAND membership, as this is a requirement for membership.

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# Member Spotlight: Our RDs in the News

NAND's Media Rep, Lindsey Joe, conducted a media segment on Channel 5's Talk of the Town on 3/2/17. See the link below to check it out!

<http://www.newschannel5.com/talk-of-the-town/healthy-eating-meal-planning-tips>

NAND's Past President/Marketing Chair Collette Powers was interviewed for an article in the Tennessean that came out 3/6/17. See the link below to check it out!

<http://www.tennessean.com/story/life/health/2017/03/06/local-experts-share-strategies-eating-healthy/98490722/>

On May 2nd, NAND's Media Representative, Lindsey Joe, and Public Relations Chair, Heather Bumbalough, attended the YMCA's Chronic Disease Prevention Summit.



# *Member Spotlight*

NAND hosted a volunteer event sorting canned goods at Second Harvest on 3/18/17. NAND had 23 volunteers participate and we sorted and bagged 9,913 pounds of onions!



NAND's website coordinator, Kara Andrew had the opportunity to present two break-out sessions at the Southern Baptist Senior Adult Spring Rally held at the Tusculum Hills Baptist Church in April. She focused on practical ways to increase fruits, vegetables, and protein in a diet as well as special considerations for aging adults.

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# MEMBER SPOTLIGHT:

NAND had 15 members/students participate in its 4<sup>th</sup> annual gardening event with The Nashville Food Project on 3/25/17.



# Member Spotlight

*Deborah Walker worked with the Fit Nutrition Class with the Mt. Zion Baptist Church, Health and Wellness Ministry on 3/16/17. Chef Cleveland Shearls conducted a healthy food demonstration and the group learned about ways to put their best forks forward by selecting healthier food options.*



NAND member, Erin Lisemby is working with SEEDS: Helping with the SEEDs program wellness challenge involves partnering with Fatima to provide nutrition education to women who have set goals to reduce body fat and develop healthier lifestyle habits. From Erin: *I have been able to talk about goal- setting, creating a healthy environment, reading food labels, and basic nutrition guidelines. I've also been able to lead a grocery-store tour to help the women actually use their nutrition knowledge while they shop, and assist individuals with specific nutrition needs, such as diabetes.*

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# Member Spotlight



NAND President Sarah Vaughn Martin and Past President Collette Powers participated in the Purity Moosic City DairyPure Dash on April 15th, which supported one of our NAND partnerships with the PENCIL Foundation! This awesome organization focuses on linking community resources and partners (like NAND) with the metro public school system to provide opportunities to help students succeed not only in academics but in life. To learn more, check out their website at <http://www.pencilfoundation.org>.

# *Member Spotlight*

NAND'S Secretary Amanda Jacob Erickson represented Nashville in the Boston Marathon this year. It's a huge honor to be able to participate in this event. Way to go Amanda!!!



# *RD's in the News*

Nashville Dietitian Karman Meyer, RD, LDN, was on News Channel 5's Talk of the Town on April 20th sharing healthy snack ideas, including her homemade Chocolate Banana Oat Bites.

Watch her segment here: <http://www.newschannel5.com/talk-of-the-town/chocolate-banana-oat-bites>

For more recipes and nutrition tips, follow Karman's blog <http://thenutritionadventure.com/>, Facebook page The Nutrition Adventure, Instagram @karmanmeyer, and Twitter @KarmanRD.



# *NAND Volunteer Event*

NAND Members Collette Powers, Chelsea LaBlanc, Amanda Erickson, Victoria Hasenyager, Arin Harwell and Katie Parrott volunteered at the Nashville Farmers Market with the AARP Savings Program.



# *NAND Volunteer Event*



*The AARP Fresh Savings program is a grant-funded program that allows those with EBT cards to earn up to \$20 credit for fresh fruits and vegetables throughout the farmers market. NAND is looking forward to adding more dates for volunteers throughout the summer. Stay posted for future events!*

# *Pure Barre Networking Event*

On May 25<sup>th</sup>, NAND visited Pure Barre in Franklin, TN to get in a great workout before networking with other members.





## Get Involved with NAND!

Are you interested in getting involved with NAND in 2017-2018? If you would like to help plan events, participate in projects, and improve NAND, consider assisting our board members! Please contact Sarah Martin, President at [Sarah.L.Vaughn@gmail.com](mailto:Sarah.L.Vaughn@gmail.com)

If you have done any community outreach, are interested, or know of someone in need of dietitians to speak at a local school or facility, please visit our website's 'Find an RD' section at <http://www.eatrightnashville.org/index.php/find-a-rd/> or email Collette Powers at [cnpowers9@gmail.com](mailto:cnpowers9@gmail.com)

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# *Student Perspective*

## *by Nicholas Rush*

If you are a student and reading this newsletter you probably know by now that you want to be a dietitian, but do you know what kind of dietitian you want to be? I certainly do not! My name is Nicholas Rush and I began my college career at the age of 29. It took me eleven years working in a career where I knew I was not living up to my potential to finally figure out what I wanted to be when I grew up, a dietitian. I'm now going into my senior year in a dietetics program and I'm more confused than ever.

When asked "what do you want to be when you grow up?" most kids change their answer every other day. One day they want to be a doctor and the next they want to be an astronaut. Sometimes they even say they want to be both, at the same time. I never thought at 32 years old I would feel that confused adolescent identity crisis again, but I do. Without a doubt I want to be a dietitian, but there is a vast array of specialties from which to choose. There is clinical, community and public health, food and nutrition management, retail and food industry, academic research, consulting, and private practice. All of which have their own subcategories.

To gain some perspective I asked fellow NAND board member and registered dietitian Amanda Erickson how she chose to start her career as a clinical dietitian. Amanda says that while the dietetic internship gives interns the "opportunities to dabble in the different specialties", clinical is a place where there is always something new to learn. She also mentions that interns gain valuable knowledge about clinical nutrition, such as lab values, disease states, and acute illnesses that could easily be forgotten, so going straight into clinical nutrition was the natural progression for her. However, she plans on getting her master's and later pursuing a career as a sports dietitian.

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# *Student Perspective, ctd.*

## *by Nicholas Rush*

Amanda gave some valuable advice for students trying to navigate a career path in the vast world of nutrition and dietetics. She recommends utilizing the internship and the opportunities it presents. She encourages interns to treat each internship rotation like a job interview because preceptors often hire interns that have rotated through their facilities. Some other advice she offers, that we also often hear from our professors, is it is never too early to volunteer or work in a dietary related position. This will help you hone in on your true passions in the various aspects of nutrition.

I currently work as a diet clerk at a hospital in Nashville, and have found that working in an entry level position in a hospital has given me some insight into the world of acute clinical care. I was also able to easily get access to shadow dietitians that work in the hospital, which was a nice change from having my nose in the books.

While I am still very unsure what path to pursue, I have taken it upon myself to get educated about the different dietetic fields. We students often rely on our professors for information, but put yourselves out there and take control of your own path. Do not be afraid to ask dietitians questions about how they chose their career. Every dietitian I have encountered remembers what it was like to be a student and has valuable experiences to share and words of encouragement to bestow upon future dietitians.

*Nicholas Rush is a native Memphian. He has lived in Nashville for the last 4 years where he began his college career at Nashville State Community College. From there, he transferred to Middle Tennessee State University where he is a Nutrition & Food Science - Dietetics major, going into his senior year. He is employed at Skyline Medical Center as a diet clerk and also works for the MTSU Recreation Center as a nutrition mentor. He enjoys volunteering with organizations such as Second Harvest Food Bank, Nashville Food Project, and serving as the student representative board member for NAND.*

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# Have a great Summer from NAND!



## Share your Story!

Know an outstanding RD or group of RDs involved in the community? Please share their great work in our Member Spotlight. Contact Amanda Erickson ([amanda.erickson2@hcahealthcare.com](mailto:amanda.erickson2@hcahealthcare.com)) to be included in the next NAND newsletter.

## Follow NAND on social media!

Twitter: @EatRightNash

Facebook: Nashville Academy of Nutrition & Dietetics-NAND, @EatRightNash

Have something you would like shared on social media? Send it to Heather Bumbalough, Public Relations Chair, at [hbumbalough@gmail.com](mailto:hbumbalough@gmail.com).

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