



Nashville Academy of Nutrition and Dietetics Newsletter

Upcoming Board Meetings:

*Board Transition Meeting –
June - TBD*

Upcoming Member Event:

NAND / Beef Council Farm
Tour:

May 21, 2016

Letter from the President

Dear NAND Members,

It is hard to believe that this is my last President's letter. This is my third year on the board and looking back over my time served, I have really seen this organization not only grow significantly in membership, but offer more opportunities for our members. From hosting journal clubs to member meetings, networking events, fitness classes, brew tours, fundraising events, silent auctions, community volunteering and soon to be farm tour, NAND has had quite the busy year! We very much appreciate the feedback you have provided, whether in person or on our recent membership survey. We are elated that you, our members, have loved the direction this organization has taken and continue to support what we do and our mission in the community. We are very excited to use your most recent feedback at our planning meeting in June to strive for an even bigger and better year!

Please be sure to check out our announcements section in this newsletter for more information about our upcoming membership drive as well as see what NAND has been up to since our last newsletter. I also cannot stress enough to please take a minute to complete the "Find a RD" section on our website. We receive so many requests from members of our community and medical professionals looking for a referral so please take a minute to fill it out. It is vital to our success as dietitians that the community and professional world know who we are and how to reach us.

Thank you again for allowing me to serve as your President for 2015-2016. I again want to thank the board for all your hard work and dedication to NAND. I feel honored to have served as your President this year and none of this year's successes would have been possible without you! I look forward to serving with many of you again next year.

In Good Health,

Collette Powers, MA, RD, LDN, ACSM EP-C

NAND President 2015-2016

FARM TOUR

Join NAND for

HATCHER FAMILY DAIRY FARM TOUR & LUNCH

◆ May 21st 10am-12pm ◆

**6561 ARNO ROAD, COLLEGE GROVE, TN 37046
(NOT FAR FROM ARRINGTON VINEYARDS)**

Reserve your spot by emailing Caroline Pullen at
carolinemcrow@gmail.com by May 11th!
Tour is limited to 25 people.

2 CEUs provided ● Free event ● Lunch provided
Must provide own transportation



Staying Enthusiastic When Life Gets Busy

As the semester draws to a close, I find myself reflecting on the past year. It's been a big one for me – after graduating from Vanderbilt last spring, I went straight into summer classes, diving into the work ahead of me in Lipscomb's DPD program. I was so eager to begin my studies; I was finally in a classroom surrounded by people who wanted to do the same thing as me.

Then, I attended FNCE, as many of us in the Nashville community did. As I filled a journal with notes at the conference, I became even more energized as I got the chance to meet people from a myriad of different walks of life: I met people who ran their own businesses, who performed research, who taught, who healed. Everyone was making a difference in their own way, and I was so excited to think of where I might find myself five years from now as an RDN.

As winter arrived and settled in, I found that my enthusiasm began to wane. I learned more about the stressful and competitive process of applying to dietetic internships, and my excitement for the future began to be replaced by anxiety. As I began to take on more work and extracurricular activities, I had less and less time to myself. Worst of all, I began to compare myself to my friends with whom I had graduated, jealous of the fact that they were starting their careers while I would still be in school for three years or more. In my most stressed-out moments, I began to think to myself, "Is this really all worth it?"

Of course, it *is* worth it, and my reasons for wanting to become an RDN were the same as they had ever been – I just needed to take the time to remind myself. Here are some of the tips I've picked up that help me stay focused, energized, and eager to start each day of learning – hopefully they can help someone else when the craziness of life begins to get in the way of our purpose:

- **Schedule a Free Day.** I didn't have one this past semester, and it was a big mistake. It's really important to have at least one day of the week where you have no class, no work, no concrete obligations. This provides you with some very necessary time to recharge and focus on your personal needs, as well as your goals.
- **Make Time to Eat Well.** This should be a no-brainer for us, but some weeks I get so busy that I find myself repeatedly making poor food choices. When I plan ahead for the week so that healthy meals are as convenient as a bowl of pasta, I have so much more energy throughout the week and feel proud of myself for treating my body well.
- **Journal.** Admittedly, I don't do this as much as I should. However, I found that looking back on my journal from FNCE was invaluable at helping me remember why I was so excited to begin my nutrition education in the first place. It helps to reflect at the end of the day, and provides material for future inspiration.
- **Exercise.** More importantly, choose an exercise that you love. I used to view exercise as a necessary evil, but now that I have a routine I love I truly look forward to it throughout the week. I prefer exercise that allows me to be alone with my thoughts, like yoga and running – but experiment to find out what works for you and go with it.
- **Connect.** Any time that I've felt a dip in my motivation, I've reached out to RD's to learn about their careers. Each time, I've felt instantly invigorated. Whether this means reaching out to a professor, a co-worker, someone you crossed paths with at FNCE, or someone you connect with online, forging relationships with people in the field is important not only for networking, but also to fuel our inner drive. ~ Kaitlyn Magnotte

Congrats to the new 2016 – 2017 BOD!

President - Sarah Martin

Past President – Collette Powers

President Elect – Emily Hogan

Secretary – Amanda Jacobs

Treasurer – Amber Payne

Nominating Chair – Lori Black

Nominating Member – Sarah Mitchell

CPI Chair – Stephanie Chelton

CPI Chair Elect – Christine Tapocsi

Awards and Scholarship – Kristen Xiong

Membership Chair – Lisa Mathews

Membership Initiative – Chelsea LeBlanc

Public Relations Chair – Heather Bumbalough

Fundraising Chair – Lindsey Leslie

Website Coordinator – Kara Andrew

Legislative Chair – Polina Vorobeychik

Student Member – Jill Mongene



It's that time of year to renew your NAND Membership for 2016-2017! Renew your membership by May 31st for the new year (runs June 1, 2016 through May 31, 2017) and enter for a chance to win one of three \$25 gift cards! Being a member has great benefits including free CEU's, sponsored events/dinners, networking opportunities, and more all for only \$35! Click on the link below to join today!!! When you join/renew, please also take a minute to complete the "Find a RD" section. We often receive inquiries about how to locate nutrition professionals in the area so please take a minute to provide/update your information. Friendly Reminder: Please do not forget to also renew your Academy (AND) membership. You must be a member of the Academy (AND) before you can join NAND.

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