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President's Message

What a fantastic year we are coming off of with many great activities. I would like to thank Linda LaFontaine for her help and guidance over the past year as we had great turnouts for our fall and spring meetings and the board supported some new ideas, like dinner and an evening meeting. I would also like to thank Abbott for their generous sponsorship of our spring meeting and hope we can work with them in the future. We can also look forward to more networking activities in the upcoming year with the addition of our National RD Day celebration during National Nutrition Month.

As the summer ends I am starting to meet with the Board to look at how we can generate excitement about the wonderful RD's in our district. I hope to work with the current tools we have, like the website, and introduce some new tools, like supporting local causes. Over the next year I want people to seek out our website to answer their questions about where and how to meet with an RD, as well as give our members a forum to discuss topics with each other.

It has also been exciting to hear from VDA's new president, Lise Gloede, about her missions on the state level and see how we can get involved to help out. Items like legislation and sustainability are big on our horizon and I urge all of our members to ask us how they can get involved.

So sit back and be prepared for another great year with BRDA and please email me through our website, <http://Blueridgedietitians.com> if you have any questions or suggestions.

Thank you,

David Stebbins, RD

Continuing Education Opportunities

Virginia Consultant Dietitians in Health Care (VA-CDHCF) 2009 Annual Conference September 25, 2009

Sylvia Escott-Stump, MA, RD, LDN will speak on the Nutrition Care Process (NCP) specific for LTC facilities

Deborah Lloyd from the Department of Social Services will give an update on Assisted Living Facilities

Where: Williamsburg Landing Retirement Community

For more information visit www.vacdchcf.org or contact Julie Thurnau, VA-CDHCF Chair at julie@harrisonburgdietitians.com

Job Opportunities

Clinical Dietitian for Augusta Medical Center. Please see description on website:

<http://webmail.augustamed.com/amc/joblist.asp>

RD Recognition

Local RDs Joyce Green-Pastors, Barb Yager, Robin Schroyer, and Angie Hasemann have been busy this summer helping to plan the 3rd annual Family Health & Fitness Camp, organized by the Community Obesity Task Force. The event will be held September 25-27 at Camp Holiday Trails and will help local families to learn how to lead a healthier lifestyle.

Many local RDs have been volunteering their time at local triathlons this summer. Three triathlons are held every summer at Walnut Creek Park just outside of Charlottesville. A large group of volunteers is needed to help at each triathlon, and this generous group has included many dietitians from the area. Thank you to Renee Brenneman, Tamara Karosanidze, Barb Yager, Joyce Green-Pastors, Theresa Zanetti, and Angie Hasemann for donating their time to a great cause. Thank you also to Lynda Fanning and Kate Robertson for assisting in recruiting these volunteers. A portion of the proceeds from these events goes to the Charlottesville Free Clinic and the Community Obesity Task Force. Also, congrats to RDs Angela Filauro and Nora Decher who have both competed in a triathlon! The final triathlon of the summer will take place on Sunday, August 23rd. If you're interested in helping out, please contact Angie Hasemann at ajh5j@virginia.edu or Barb Yager at Barbara.Yager@vdh.virginia.gov.

Scholarship Information

Don't forget about the due date for the BRDA Awards and Scholarships!

Though it isn't for some time, it might be a good idea to start thinking about it early!

Contact Brandis Roman:
arianna1@hotmail.com

BRDA Website

Please visit the BRDA website:
www.blueridgedietitians.com



If anyone has any pictures, pieces of information, or ideas for the BRDA website please contact Laura Cason @ casonlr@hotmail.com.

Eating Disorder Support Group

Voices Not Bodies Eating Disorder Support Group

The new local support group for women 18 years and older. The group is free and you do not have to be patient of Harrisonburg Dietitians to join.

For more information go to www.harrisonburgdietitians.com or Contact Julie Thurnau, RD, CNSC: Julie@harrisonburgdietitians.com

Voices Not Bodies

Eating Disorder Support Group

Are you obsessed with food, weight, and/or appearance?

Do you count calories compulsively?

Does your sense of self-worth depend on how much you weigh?

Do you weigh yourself more than once a day?

Do you often "feel fat"?

Have your friends or family voiced their concern about your weight or behaviors with food?

Do you ever feel that your eating is out of control?

Do you try to control you weight by vomiting, using laxatives, or obsessive exercise?

Are you currently receiving treatment for anorexia nervosa or bulimia nervosa?

Have you been diagnosed with anorexia or bulimia in the past?