

News from the **New York State** *Academy of Nutrition and Dietetics*

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

Former President Farewell

Dear NYSAND Members,



It has been a pleasure and honor to serve as the President of NYSAND. Our word for the year was energize and we were successful with energizing the association this year. We have accomplished a lot including the beginning of the transition from Districts to Regions. This is a big stride to help consolidate and condense our volunteer efforts. I believe that by making this change in our association we will move our profession forward and give our members more leadership and educational opportunities. I'm excited to transition my role to Past President and see Mariana Serback and Katie Brown take over as President and President-elect. The beauty of the hierarchy of this organization is to give many members the opportunity to lead. I hope you take some time to be a part of this incredible organization and volunteer your time today. I hope everyone enjoys the summer!

Yours truly,
Michelle Barber, MA, RDN, CDN
NYSAND Past President 2023-2024

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A Message from NYSAND President

Hello NYSAND! What an honor it is to be serving as your president. During my presidency, I hope you see the value of each other; for NYSAND is nothing without you.



NYSAND is built on the foundation of its volunteers and leaders. Seeing like-minded people unite to better our discipline and association is incredible. You are all individuals from different walks of life with different experiences and different levels of expertise. You get to share those individual strengths and experiences to make an impact for years to come.

You have the opportunity to make a difference. You have the chance to make a change. You have the opportunity to be a part of something greater.

During my presidency, I hope to inspire you. I hope you see the benefits of working towards something bigger than yourself. The skills, connections, and leadership opportunities I have received from being a NYSAND volunteer have been invaluable.

I remember years ago, I started as NYSAND's Social Media Manager. Now, social media is how I obtain clients for my private practice. Volunteering for NYSAND gave me the foundation to grow my private practice and work with individuals worldwide.

Yes, you may be busy. I get that. We all are. But you get to CHOOSE how you spend your time. You get to CHOOSE who you want to be and the impact you want to make.

I am grateful to continue working closely with our incredible immediate Past-President, Michelle Barber, and President-Elect, Katie Brown. There's nothing like being a part of an extraordinary team.

If you want to get involved with NYSAND, I invite you to email me directly: moserback@outlook.com. I look forward to serving you and making this a great year,

Warm regards,

Mariana Serback, MS, RD, CDN
NYS AND President 2023-2024

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District to Region Committee Update

As you are aware, NYSAND is moving forward with the transition from districts to regions. This is a learning experience for all of us and there have been a lot of unknowns. One thing that is certain is that change is never straightforward.

Regions are a new form of governance for all NYSAND members. Instead of 10 individual district dietetic associations, there are 4 geographic regions serving member needs. Most districts are now in the process of legally dissolving their organizations. Once dissolved, your former district no longer needs to hold elections, collect dues, file IRS reports, or maintain bylaws, policies & procedures. You will still have ample opportunity to volunteer and to develop leadership skills with NYSAND. Regional Hubs are being identified to engage you on a local level. These Hubs are in essence your former district.

Dissolving a not-for-profit association such as your district is a legal process with several required steps under NYS Not for Profit law. NYSAND has hired a lawyer to work with your district to assure a smooth and correct process. After your board approves the dissolution, a vote will be held with the members of your district. Be on the lookout for notice of the vote and participate in the process. Your district is in transition. Depending on where you are in the process, your district will continue to function. You will continue to receive communications from your districts while legal steps are being taken. In the meantime, the regions are setting up Regional Boards, identifying leaders, and are starting to send out communications.

TRANSITION COMMITTEES

There are now two committees working on the transition.

DISTRICT TO REGION COMMITTEE

- Ginny Vorhis, Chair vvorhis@outlook.com
- Michelle Barber, NYSAND Past President mbarber@milk4u.org

This original committee is overseeing the transition and is working on dissolution with the districts and lawyer. The work will be between your district and the lawyer. We are here to facilitate, not to interfere.

REGIONAL BOARD PLANNING COMMITTEE

Chairs:

- Rebecca Robbins rr430rd@gmail.com,
- Emily Tills (CNYAND), emilytillsrd@gmail.com
- Krish Drummond (WRDA) krishnie.naidoo@yahoo.com

This committee was formed to facilitate regional development. Representatives from each region will meet to brainstorm, plan, and organize core functions. The committee will share experiences, best practices, and help others to become organized.

NEXT STEPS

If you have questions about dissolution or any concerns about the transition, contact the District to Region Committee. If you have questions or need help with developing your region, contact the Regional Board Planning Committee. We are here to listen to your questions and concerns. By voicing them to us, we learn how to better communicate with you.

Your NYSAND Leaders are looking forward to your continued support of our profession and volunteerism. We need your help through the new regional system.

Ginny Vorhis, MS, RD, CDN

Chair: District to Region Committee

For more information, check out the [District to Region Transition Page](#) on the NYSAND Website.

Academy News & Updates

[Register today](#) to attend FNCE 2023 in Denver, Colorado

Continuing Education

Nutrition Considerations for the Youth Athlete

- Presented by Laura M. Reece, MS, RD, CSSD, LDN
- Sponsored by Orgain
- Thursday, August 24 at 2:00 PM

Teaching in Higher Education: How to Make Lessons Engaging and Inclusive

- Presented by Felicia Porrazza, MDA, RDN, LDN, CPT, NBC-HWC
- Tuesday, September 19 at 2:00 PM

Empathetic Nutrition Counseling for the Disability Community

- Presented by Tracy Williams, BS
- Wednesday, September 20 at 2:00 PM

Menarche to Menopause: A Team Approach for Treating Female Athletes with RED-S Across the Lifespan

- Presented by Val Schonberg, MS, RDN, CSSD, LD, NCMP, FAND, and Courtney Gleason, MD
- Tuesday, October 3 at 2:00 PM

District Affiliate News



Two of our dietetics educators were celebrated for their commitment to improving the quality of dietetics education in Chicago at the ACEND (Accreditation Council for Education in Nutrition and Dietetics) program reviewer training in June 2023. Dr. Jennifer Bueche, SUNY Oneonta has been a reviewer for 12 years and Dr. Kay Stearns Bruening, Syracuse University, has been a reviewer for 21 years. Thank you for your service to dietetics education!

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CENTRAL NEW YORK ACADEMY OF NUTRITION AND DIETETICS



Board members Amanda Woolnough and Olivia Mancabelli were honored with two incredible awards through NYSAND! Amanda was awarded Recognized Young Dietitian of the Year Award. Olivia received the Outstanding Dietetics Student Award in a Dietetic Internship. Congrats!



Congratulations to Elizabeth Gunner, our 2023 Genesee Dietetic Association Scholarship winner! The Nancy DeMuth Ruhle Scholarship is awarded to a nutrition student who demonstrates leadership, engagement within the dietetic community and strives to continue these qualities within the dietetic profession. Elizabeth has been praised not just for her commitment to academic excellence, but for her efforts to uplift the community, her leadership skills and her passion for nutrition beyond the classroom. These are just a few of the traits that Professors have shared about Elizabeth.

In addition, her volunteer work at the American Diabetes Association, Veterans Rebuilding Life, The Ugandan Water Project and Cornell University Dietetics Association, illustrates her passion of service. This fall, Elizabeth will continue her Masters of Public Health at the Harvard T.H. Chan School of Public Health. Elizabeth hopes to take her education to the World Health Organization to advise policy, lead mass communication efforts and create food equity programs. We can't wait to see the change Elizabeth is sure to make on world health! Warmest congratulations Elizabeth!

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Hudson Valley Academy of Nutrition and Dietetics

Nonprofit Organization



KAMERON ROWE
MS, RDN, CDN

The Academy recently shared videos highlighting the role of a dietitian in a variety of settings to support their Inclusion, Diversity, Equity, and Access Action Plan. The goal is to expose children to the exciting world of nutrition and dietetics to increase recruitment, retention, and completion of nutrition and dietetics education and leadership at all levels for underrepresented groups. Professor Rowe (Russell Sage College Nutrition Department) was featured in these videos that are specifically geared toward elementary, middle, and high school audiences. Check them out via the [link](#)!



What an incredible night at our annual LIAND Dinner with a stellar crew!



Please help us in congratulation Katie Hoffman, MS, RD on being awarded 'Excellence in Service' award. We are so proud of you!

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Congratulations to STAND member, Emily Holdorf, MS, RDN, CDN on being recognized as part of the FoodMinds upwaRD™ honorees. This year's 2023 class is comprised of four up-and-coming RDNs who are making a visible impact in food and nutrition communications.

foodminds

Introducing the 2023 FoodMinds' upwaRD™ Honorees:

Christina Chu MS, RDN, LDN	Emily Holdorf RD	Catherine Karnatz MPH, RD	Diana Mesa RD/LDN, CDDES
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UPWARD™
CLASS OF 2023 ▲



Congratulations the the winners of the Academic Scholarship Awards for 2023-2024

- Vida (Julia) Velasco-Popov - Pace University
- Charmaine Blake - Lehman College



Congrats to WNYAND's Award Winners:

- Early Contribution/New Professional: Rachel Laster, MS, RDN
- Outstanding Dietetics Educator: Naheed Ali-Sayeed, PhD, RDN, CDN
- Excellence in Food Service: Mary McCabe, RD, CDN
- Media Excellence: Trish Shea MS, RD, CDN
- Excellence in Diversity and Inclusion: J. Calvert, RDN
- Excellence in Health Equity: Marla Guarino, RDN, CDN
- Distinguished Dietitian: Catherine Brown, MS, RDN, CDN
- Outstanding Dietetics Student: Harshana Persaud, D'Youville University
- Scholarship Recipients: Isabella Chee and Brianna Wik

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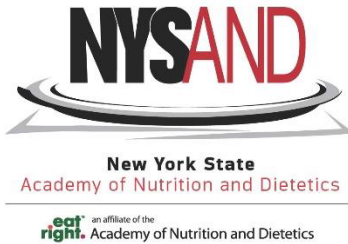


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Find social media tips in the 3rd Quarter Social Media Toolkit



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New York State Academy of
Nutrition and Dietetics

NYSAND Members in the News

Theresa Gentile, MS, RD, CDN has recently been quoted in the following articles:

- [10 Easy Tweaks to Eat More Sustainably](#)
- [5 Diet Changes You Should Make Before Summer, from a Nutritionist](#)
- [The Only Way To Prevent Your Grapes From Shriveling and Rotting](#)

HELP WANTED

NYSAND Starts With YOU!

Learn new skills, network, and attend events by volunteering for NYSAND. Regardless of your time availability, interests, or passions, NYSAND has a place for everyone! Contact Mariana at mserback@outlook.com of NYSAND at nysand@caphill.com to get involved.

NYSAND is looking for Contributors for the next newsletter. It's an excellent opportunity to keep up with our profession and collaborate with other leadership volunteers!

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Interested in contributing to NYSAND newsletters? Members should contact Sarah, nysand@caphill.com or Emily, eholdorfd@gmail.com for more info.

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