

gSDA NEWSLETTER

THE GRADUATE STUDENT DIETETIC ASSOCIATION

NOVEMBER – DECEMBER 2016

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HAPPY HOLIDAYS!

A LETTER FROM GSDA

Therezia Alchoufete, gSDA President, CMD Yr 1

For the past semester, I have had the opportunity to work with a team of faculty, officers, and students who have helped shape gSDA into an organization that reflects the diverse personalities and talents of its members. Within a few short months, we have created activities that have expanded our education and skill sets, and we have cultivated an environment where extracurricular educational experiences are both sought out and valued. I can confidently say that, as a team, the gSDA has provided a framework to stimulate involvement of graduate students in the profession of dietetics, which met our goals for the organization, and there is still so much more room to grow.

Our members are comprised of mainly CMD Year 1 graduate students, post-bacc students, and CMD Year 2 graduate students. However, all members of the CMD have had a hand in supporting and expanding the gSDA. If I had to describe our cohort of members in one word, I would choose "enthusiasm". It is very inspiring to work with a group of peers who are so enthusiastic about the profession of nutrition and dietetics and can offer a unique set of skills to the table. It has been a privilege to learn from this group of individuals who think outside the box and push boundaries in order to maximize their learning experiences.

Going forward, my hope for gSDA is to continue this unique approach. We are lucky enough to be supported by CMD faculty who encourage a novel method of learning, and our members naturally think in diverging directions, which leads to creative ideas. This enthusiastic and inventive nature has led us to develop the first annual CMD White Coat Ceremony, which I am excited to announce will take place at the end of April 2017. This event is representative of the ever growing profession of nutrition and dietetics, and we look forward to transitioning the class of 2018 to their clinical rotations that begin in the fall semester of 2017.

SPEECH-LANGUAGE PATHOLOGY AND DIETETICS

Friday, November 11th 2016

For our November meeting, gSDA welcomed James Coyle, Ph.D., CCC-SLP, BCS-S to speak with our members. Dr. Coyle is a speech-language pathologist (SLP) and associate professor in SHRS' Communication Science and Disorders department, and he provided gSDA members with wonderful insight into dysphagia and the cooperation between SLPs and registered dietitians (RDs). As Dr. Coyle noted, swallowing is a very complex process, but it happens very quickly; therefore, even small errors can be extremely detrimental to the whole system. It is vital that swallowing problems are detected and addressed, as dysphagia can lead to diseases and problems such as pneumonia, airway obstructions, and malnutrition. Therefore, there are many opportunities for SLPs and RDs to work together and keep each other informed to improve patient care without leaving their individual scopes of practice. Dr. Coyle highlighted the importance of interdisciplinary teamwork; one of his final thoughts for the gSDA members was that when we understand what each profession does, we can understand how we fit into the picture for overall patient care. The members of gSDA enjoyed learning from Dr. Coyle, and greatly appreciate his willingness to speak with the group!



JAMES COYLE, PH.D., CCC-SLP, BCS-S
Associate Professor

PROJECT R.U.N. AND P3R

Friday, December 2nd 2016



NICK FISCHER, RD, LDN
Fischer Nutrition & P3R

On Friday, December 2nd, gSDA was happy to welcome Nick Fischer, RD, LDN, and Michele Nichols (P3R Youth & Wellness Program Coordinator) as guests to speak to its members, as well as junior and senior members of the undergraduate SDA. Mr. Fischer and Ms. Nichols spoke to the members about Project R.U.N. (Reaching Underserved Neighborhoods), a project with which gSDA and SDA members will be able to get involved in the upcoming semester. Project R.U.N. will be a partnership between the Pittsburgh Three Rivers Marathon, Inc. (P3R) and fitUnited/United Way of Southwestern Pennsylvania and Children's Hospital of Pittsburgh. The program will bring a physical activity and nutrition program to after school programs in the Pittsburgh area. By volunteering through the program, which will run from January through the Pittsburgh Marathon on May 6th, gSDA members will be able to take a leading role in running the physical activity and nutrition lesson at a site, helping kids to be open to tasting new foods, learn basic nutrition concepts, and make a connection between being active and

making good food choices to stay energized and healthy. GSDA members are very excited to get involved with Project R.U.N.!

Additionally, Mr. Fischer spoke briefly about his career path and experience with private practice. He emphasized that both in his work with P3R and in his private practice, Fischer Nutrition, he worked his way up from volunteering as much as possible to having a full job. He also left gSDA members with a word of advice: when building your private practice, have a part-time job in any aspect of dietetics so that you are able to learn new skills in the field and learn from other professionals while still having time to get out and begin building a private practice. GSDA thanks Mr. Fischer and Ms. Nichols for their time and the information they shared with us!

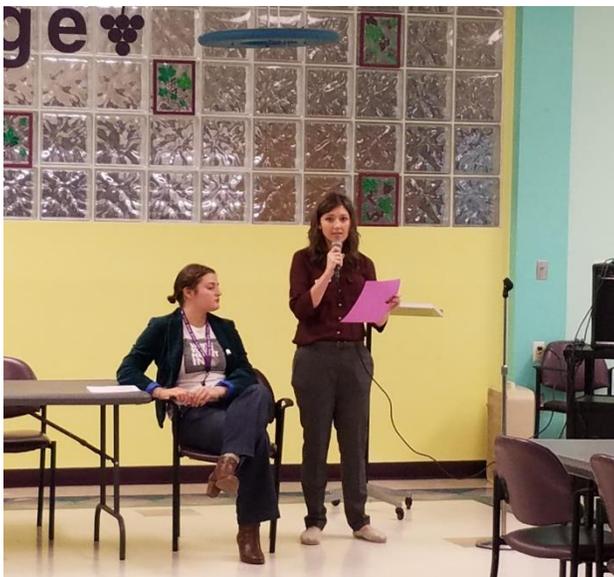
WHAT IS VINTAGE?

Tawnee Cunningham, CMD Yr 1

Vintage Senior Center, located in East Liberty, is one of forty-four senior centers in Allegheny county. But unlike traditional senior centers, which may conjure up images of Bingo and early lunches, Vintage is an active, thriving center trying to redefine what it means to age. At the core of Vintage is its fitness programs, which range from Silver Sneakers to Zumba to Tai Chi. Members also have access to a fitness studio, which includes time with a personal trainer, a billiards room, and a computer lounge. Members can take classes in Beginners Spanish and painting, take group trips to theaters and music shows, or volunteer with a children's reading program. And for those struggling with chronic disease, the center offers a free six-week Better Choices, Better Health Chronic Disease Self-Management course.

Also notable is the diversity of Vintage's community. Roughly 80% of the almost 1,000 members identify as African American (compared to other senior centers where members are predominantly white) and almost $\frac{3}{4}$ female. But beyond this, the atmosphere at the center is so vibrant, so lively, you forget you're working with a population that's stereotyped as being tired and stuffy.

This year is the first year Pitt CMD has partnered with Vintage. I volunteered there this summer and was fortunate enough to be assigned there for my fall independent study. Among the many projects I've worked on was a Food Resource Fair in collaboration with a Chatham MSW intern, "Lunch'n'Learns" discussing everything from seasonal vegetables to finding good health information, and a collaborative project with Pitt Pharmacy students on diabetes. I also had the opportunity to hold open office hours for members, where they dropped by to ask food- and nutrition-related questions. I've had a wonderful experience so far, and will continue to work with the center through the spring!



HEALTHY EATING UPDATE, WHAT CAN YOU BELIEVE?

Carly Johns, CMD Yr 1



Every Thursday for the past few months, I have had the wonderful opportunity to assist in hosting an OSHER nutrition and cooking course. OSHER is a LifeLong Learning Institute for adults 50 and over who are passionate about learning. This particular program, called "Healthy Eating Update - What can you believe?" is led by Judy Dodd, with the help of myself, Therezia Alchoufete, and Christina Manta. We were able to conduct two, five week sessions

where we talked about the importance of eating healthy, the fundamentals of proper nutrition, and fun, easy ways to cook healthy and delicious foods. This program was very rewarding for the participants. We conducted pre and post surveys and after an analysis, the results show that the participants improved their knowledge of nutrition and would recommend this class to somebody else. I personally gained a lot of experience and knowledge from this experience. It was very interesting to see what the older population knows about nutrition, as well as improving my own cooking skills! A lot of the items we prepared were things I have never made before, so it was a learning experience for me as well!



NUTRITION ASSESSMENT TEACHING ASSISTANT

Erin Mahony, CMD Yr 1

This semester, I was one of the TA's for Nutrition Assessment 2 where students learned physical assessment skills such as identification of malnutrition sites and how to take a blood pressure. It was a great opportunity to learn how to teach to different types of learners and it was an added bonus to brush up on my clinical skills. This class is one of the many that set Pitt apart from other schools in terms of preparing future professionals with a holistic set of skills. I am glad to have been involved!



PHIPPS & LETS MOVE PITTSBURGH

Rachael Solomon, CMD Yr 1



Kaleigh Talbert and I had the pleasure of completing our independent study at Phipps conservatory with the Lets Move Pittsburgh program. During our time there we were able to promote their 5210 series to the public and surrounding schools. The 5210 series is promoting 5 fruits and vegetables per day, 2 hours or less of screen time, 1 hour of physical activity per day and 0 sugary drinks/ more water. Some of the events we attended include City Fit Health Fair where we promoted the greenlight foods app which helps people make healthier choices when shopping. We participated in the Homewood YMCA potluck where Phipps was acknowledging the hard work of the wonderful community garden. The

St. Jude's 5K was a very fun event to attend, not only were we able to cheer runners/walkers on for a great cause but we were able to play with children and educated them on the importance of exercise and staying active, with activity dice and fruit/vegetable twister game. Hometown homegrown was another awesome event we were able to attend thanks to Let's Move Pittsburgh. If you haven't gone to this I highly recommend it, the food and beverages were excellent and you are supporting all locally owned companies and there are a ton of free samples so that doesn't hurt either. Once again we were encouraging children to have fun while exercising and learning about fruits and vegetables. Going into a preschool filled with 50 plus children at 9 am can be a little intimidating just ask Kaleigh! But the experience was well worth it, watching the children get so excited over making their own healthy meals was something special to witness. I was also surprised to see how much prior knowledge they had about nutrition in certain foods, such as milk contains calcium for strong bones and teeth. Cooking demonstrations were another aspect of our independent study and provided us the opportunity to engage individuals while also providing them with an incentive to come talk with us. Let's Move Pittsburgh at Phipps Conservatory is a wonderful organization, they are trying to encourage schools to promote living a better lifestyle with their 5210 program through the children, parents and faculty/staff.



MCKEESPORT HOSPITAL

Natalie Antypas, CMD Yr 2

This semester I began my internship at McKeesport hospital. Walking into the hospital on my first day was intimidating but once I met the food service manager with whom I would spend the next four weeks with, my attitude completely changed. I never had a strong liking towards food service and especially did not believe I was going to like the first four weeks of my internship; however, in those first four weeks, I met the most amazing and hardworking individuals. I learned so much in such a short amount of time and could potentially see myself managing a food service facility.

After food service, it was time to start clinical rotations. Much like the anxiousness that I felt for my food service rotation, I experienced the same emotions for my first day of clinical. Although clinical is a lot of work, it is not as stressful as it seems. The dietitians do their best to ease students into the work load and make us feel extremely comfortable before talking to patients. We start to utilize all of the knowledge that was gained over the course of undergrad and year one of grad school. I have had rewarding and fulfilling experiences with patients, where I really felt like I made a difference. As we continue through the program, confidence continues to grow and knowledge expands. I am excited to finish out my last semester of grad school, pass the RD exam, and start another chapter of my life doing something that I love!

UPMC ST. MARGARET

Connie Cheng, CMD Yr 2

As you are transitioning from the familiar arena of classrooms to the real world of hospitals, I trust that many of you are wondering how to prepare for it. From one classmate to another, I can only offer you the lens of my experience; however, you will find out that many of them will be ones that you will share, too.

My first patient at UPMC St. Margaret Hospital was a status post bilateral knee replacement and receiving physical therapy. Reactively, my mind zeroed in on the requirements for MNT on post-surgical patients as I was fast-walking to her room on the rehab floor. I politely greet her and introduce myself. Almost at the same time I start to list off the MNT, I notice her melancholy gaze towards the window and the red, swollen corners of her eyes. My instinct left MNT behind, and instead, I offered her what she needed first—compassion. After a few minutes of asking her how she felt and what was troubling her, she felt cared for and let me communicate my nutritional concerns for her. Lesson number one: The MNT you learn in class is useless if you are not, first, compassionate with your patients.

As the semester continued through cardiovascular, diabetes, dysphagia, and renal rotations, I will admit to feeling disappointed with the repetitiveness of prescribing oral nutrition supplements and being a protein pusher for my patients. Is this all that we can do? My proactive and inquisitive nature wanted more. I found satisfaction by feeding patients who had obvious trouble with their meals in my spare time. Lesson number two: There is always more that you can do for your patients. Do beyond what you are asked of, and that is how our profession will gain respect.

This last, arguably most important lesson was one I learned from the dietitian I worked with at my dialysis site. Renal diseases never particularly inspired me, but I walked into the dialysis center with an open (yet wary) mind. Throughout the week, the renal dietitian crushed every bit of my skepticism with the way she cartwheeled for her patients with good labs and stayed on the phone with her patients' health insurance companies to figure out the most affordable medication brands. There was not one patient who did not express how much they trusted and loved her. By the end of the week, I was infected with her positive attitude, and I could not figure out what I enjoyed more—renal dietetics or her outlook. You will realize that you hate a field of dietetics that you thought you loved and certainly the other way around. This is all part of the experience, but that's not what is most important. In one week, a bright attitude helped me feel love for a field that I did not previously enjoy. Lesson number three: the closest we'll ever get to greatness is an attitude driven by a deep love of the work. You and I will meet many more lessons along the way of our supervised practice, but I hope that the ones I have learned so far serve to guide you through the beginning of yours.

GSDA CROSS CULTURAL FOOD DRIVE

Laura Harnish, CMD Yr 1

In time for the holidays, the gSDA organized a food drive at Forbes Tower, in association with the Greater Pittsburgh Community Food Bank. Coined a “cross cultural” food drive, we encouraged the donation of items from the Food Bank’s list of “culturally appropriate” foods requested by their increasingly diverse clientele, whose dietary preferences are different from the average American’s. Five of their pantries serve large numbers of foreign-born clients as well as refugees from Somalia, Bhutan, Myanmar, and Iraq, amongst other places. Thanks to the generosity of many in the dietetics program and broader SHRS community, I was able to drop off two very large boxes at the Squirrel Hill Community Food Pantry!



FITNESS HAPPY HOUR

Molly Vandora, Post-Bacc, CMD

‘Twas the weekend before finals, and all through the campus
Not a creature was stirring, not even a...just kidding! Not many things rhyme with campus!

We all know the wonderful feelings that come with the holidays each year but before you can enjoy those amazing, joyful feelings...you have to get through finals week, first! End of semester brings on a lot of stress and so the gSDA thought it would be a fun stress reliever to have a free campus-wide fitness happy hour. On a cold, snowy Saturday evening, a few strangers gathered and danced for a solid 90 minutes in the WPU. We sweat, laughed, and shared stories. It was a wonderful way to meet other students on campus and get to know some of our peers a little more.



Hopefully, their bodies are sore and they are ready to take on finals week!

A huge thank you to everyone who showed up and put in work. Keep an eye out for future events and good luck to all of the students this finals week. Wishing everyone, staff and students, at the University of Pittsburgh the happiest of holidays!

NEW FDA CHANGES ROLL OUT IN 2018

Selena Hasircoglu, CMD Yr 1

The FDA announced changes to the current nutrition facts panel this past May. The changes will be taking effect as current dietetic graduate students enter their post-academic careers. It is important to familiarize ourselves with the new labels and take advantage of the educational opportunity of the changes.

- Calories and serving size will be more prominent
- No more calories from fat
- Gram amount of added sugar will be included under total carbohydrates
- Metric amounts of the vitamins and minerals will be added
- Calcium and iron will stay, vitamin A and C are dropped in favor of vitamin D and potassium
- Edited footnote removes calorie calculations and has a simple explanation of % DV
- Packages that contain 1-2 servings must label serving size the whole container
- For larger packages, there will be a dual panel for 1 serving size and entire package

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories 230	Calories from Fat 72		
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 1g			5%
<i>Trans Fat</i> 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 37g			12%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 3g			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

These changes reflect the latest 2015-2020 Dietary Guidelines for Americans. It is important for food labeling to be consistent with current nutrition recommendations. The new label is more “real” and fair to the consumer, making it a far better educational tool than the former label. Helping the public understand why these changes were made and how to view them will put trust in dietetic and health professionals. I am glad our FDA actively supports the evidence base and makes changes like these. How do you feel about the changes? Feel free to share your thoughts with the gSDA. www.fda.gov

WANT TO GET INVOLVED?

Thank you for a great fall semester! If you aren't a member yet, email us at gSDAphg@gmail.com to join this spring. Current members, look out for emails from gSDA for volunteer opportunities.

UPCOMING EVENTS:

DECEMBER 18TH - JANUARY 3RD
WINTER RECESS

WEDNESDAY JANUARY 18TH
SPRING ADD/DROP PERIOD ENDS

HAVE A SAFE AND HAPPY HOLIDAY!

Keep a look out in your emails for different gSDA-related activities coming up in the Spring Semester!

MEET THE GSDA

President

Therezia Alchoufete

Vice President

Jacquelyn Klunk

Business Manager

Kaleigh Talbert

Newsletter Editors

Therezia Alchoufete

&

Selena Hasircoglu

INTERESTED IN WRITING?

Contact us if you'd like to contribute an article to next month's newsletter! Content can include activities you've participated in through gSDA, service projects you're doing in the field of nutrition and dietetics, or informative blogs on current nutrition topics.

We'd love to hear from you!