



# Journal

Volume 1, Issue 4, April 2010

## Letter from the Editor

It is hard to believe that this is the last Journal of the JDA year. I have had so much fun as the Publications & Projects Committee Chairperson. I hope the members have enjoyed the first year of the JDA Journal. I could not have done this without the help of my wonderful committee members who have been so instrumental in the content of the Journals, met deadlines on time and with smiles, hit the streets to talk to local residents, and even braved gale-force winds at the Neptune Beach Farmer's Market. Thank you all so much!

The last project of the year is the National Nutrition Month Notebook. The NNM Stipend winners were Sally Clifton, Elizabeth Bobo, and Jenna Braddock and they put on some great events this year. **Everyone please send your pictures and stories about your NNM events and other things you are proud of having done this year to me.** My email is at the end of this Journal. I would love to have a stellar notebook and bring home recognition for JDA. Look for your pictures in the NNM Notebook if you attend the FDA Symposium and on Facebook as the site develops.

I will be stepping down as the chairperson. This is the last Journal for which I will be the editor. I am confident that another one of JDA's members will volunteer to take on this role next year and continue the Journal for our membership. On that note - be sure to visit the Nominations Page at <http://www.eatrightjax.org/committee.html> and join a committee this year!

Yours in good health,  
- Alexia Lewis

## CALENDAR OF EVENTS

### JDA SPRING MEETING

SHANDS TOWERS, MASON ROOMS A&B

TUESDAY, APRIL 13, 2010, 8:00AM - 3:15PM

EARN 5 CEUs AND ENJOY LUNCH (FULL DAY PARTICIPANTS ONLY)

JDA MEMBERS: FULL DAY \$30 OR HALF DAY \$20, NON-MEMBERS:  
FULL DAY \$50, STUDENTS: FULL DAY \$15.

THE SPEAKERS ARE:

1. ELIZABETH BOBO: IT'S OUR LICENSE: PROTECT IT!
2. DR. JUDITH RODRIGUEZ: CULTURAL COMPETENCY UPDATE
3. DR. CATHERINE CHRISTIE: DELEGATES UPDATE
4. DR. ANNE-MARIE CHALMERS: OMEGA 3 FATTY ACIDS UPDATE
5. DR. GRETCHEN AMES: IMPROVING COMMUNICATION WITH PATIENTS: MOTIVATIONAL INTERVIEWING MADE SIMPLE

PLEASE RSVP AT [HTTP://WWW.EATRIGHTJAX.ORG/EVENTS.HTML](http://www.eatrightjax.org/events.html)

### JDA SOCIAL

CAMPECHE BAY, 127 1<sup>ST</sup> AVENUE NORTH, JACKSONVILLE BEACH

THURSDAY, MAY 20, 2010. 6:30PM - 9:00PM

CATCH UP WITH OLD FRIENDS, MAKE NEW FRIENDS, AND NETWORK WITH LOCAL PROFESSIONALS AT OUR END OF YEAR RECOGNITION SOCIAL. DR. RODRIGUEZ, THE INCOMING ADA PRESIDENT, WILL BE SPEAKING. HORS D'OEUVRES PROVIDED. FRIENDS AND FAMILY WELCOME!

\$5 PER PERSON. DONATIONS FOR DOLLARS FOR SCHOLARS AND ADAPAC ARE ALSO APPRECIATED.

## About JDA

The Jacksonville Dietetic Association is an organization of Registered Dietitians, Dietetic Technicians, and Dietetic Students. JDA is an affiliate of the American Dietetic Association (ADA) and the Florida Dietetic Association (FDA) - District 4 serving Baker, Clay, Duval, Flagler, Nassau, St. Johns and Union counties in Northeast Florida. Our mission is to provide expert nutrition education and support to our members and the community. JDA meets 4 to 5 times per year with opportunities for continuing education at each meeting.

Visit us online at <http://www.eatrightjax.org>



# Political Action Primer

By Alexia Lewis

Below are tips from the ADA's Political Action Committee (ADAPAC) Opening Session Webinar on March 22, 2010 and the discussion among JDA members that followed. JDA encourages members to contact our congressional representatives.

- You are a constituent and have a right to be heard. Represent yourself as a RD or student, not as your job title unless it is okay with your employer. Bring your business card; your representative may need your input as a dietetics professional in the future.
- Schedule your visit when your representative is on their break. Ask for more time than you think you need because your time will most likely be cut short. Expect this. Also expect to wait.
- Your representative will ask questions. If you don't know something, say so! Let them know it is not your area of expertise but you will get back to them or have a colleague with more experience in the area get in touch with them. Follow through.
- Enlist the support of your fellow dietitians. Go in a group of 2-3; but no more.

### How to start?

1. Know the current issues. Start at this site: <http://www.eatright.org/ADAPAC/content.aspx?id=7612>
2. Know your representatives. Click on the Grassroots Manager Button at <http://www.eatright.org/Members/content.aspx?id=8847>
3. Check the PPW site's topics at hand before you go.
4. KISS! (Keep It Simple, Sweetie!) Write your key points on 1 page, use bullet format, and focus on only a few key issues. Leave this with them.
5. Prepare and practice. Helpful advice can be found at <http://www.eatright.org/Members/content.aspx?id=8847>.

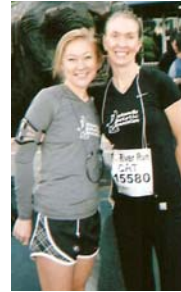
### How to finish?

1. Follow up with your representative to thank and to reinforce points. Provide any promised information or answers to unanswered questions.
2. Write a 1-page summary of your visit and send it to the PPW to keep them apprised.

### Not ready yet?

Donate \$10 to ADAPAC at the next JDA Meeting!

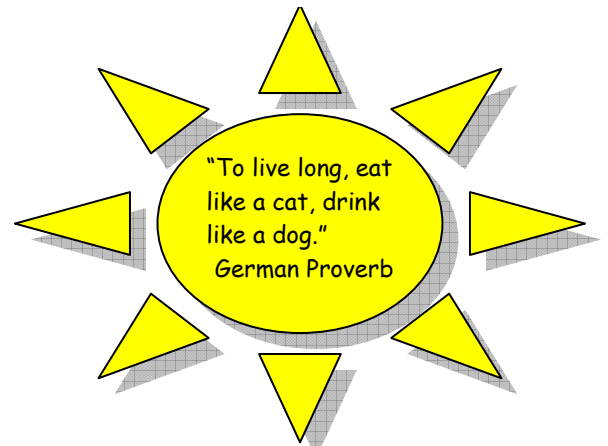
Sally Clifton (left) and Cat Wallace (right) sporting the JDA's running shirts at the Gate River Run. "Healthy is sexy!"



JDA's current President, Sally Clifton (right), and President-Elect, Jenna Braddock (left), at the ADAPAC PPW



Attendees at the ADAPAC PPW Opening Session Webinar March 22, 2010



### Publications / Projects Committee

Chair: Alexia Lewis	Brittaney Bialas
Andrea Dufresne	Dana Eiesland
Antwiwa Hyman	Marni Rakes

Comments & Suggestions Welcome: [alexia.lewis@unf.edu](mailto:alexia.lewis@unf.edu)

