



November 2023

President's Message

Hello fellow Kentuckians,

KAND has lots of plans in the works to make for a fun, inspirational spring for all of us.

The committee planning our annual conference in March is super busy finalizing details for speakers, the agenda and finding potential sponsors. This team has already invested lots of hours on our behalf. Thank you!

The Membership committee is finalizing plans for the first of the year. Stay tuned! Thank you!

The Public Policy committee is working behind the scenes advocating on our behalf. Thank you!

The nominating committee is working to pull together the best group of leaders to fill our ballot for the spring. If you are interested in becoming more involved, please let us know at kentuckyand@gmail.com.

Lastly, as we enter this upcoming Thanksgiving season, I want to wish each of you a relaxing season as you recharge your batteries. The holiday season can be filled with stressors and it's important to put yourself at the top of your "to-do" list and take care of you. Remember those instructions on the airplane - place the oxygen on yourself before helping others.

Take a moment to reflect on all the blessings in your life. I'm grateful for each of you.

Happy Thanksgiving to you!
Jenny Nixon
KAND President

Call for Research Posters!



The ANCE planning committee invites you to present your research poster at 2024 ANCE on March 5, 2024! To apply, please complete the form linked below. The deadline for submission is **Friday, January 26, 2024**. The selection committee will send decision notifications no later than Friday, February 16, 2024.

[Application](#)



Scholarship Announcement!

The annual KAND Scholarship applications are now open. Please visit our website to apply for the Iva Alexander and Lyn Fleming scholarships. Applications are due by **January 31, 2024**.

[Learn More](#)



Nominations Open

for KAND Board 2024 - 2025



President - Elect



Treasurer



Public Policy Coordinator



Nominating Committee



Membership Chair

Nominations Open for KAND Board

Interested in serving on the KAND Board? To view board descriptions and nominate yourself or someone else please complete the nomination form.

[Learn More](#)

Meet our IDEA Committee Member: Emily Bundy!



Meet Emily Bundy, new member of the IDEA subcommittee and KAND member!!

Member Name: Emily Bundy

Where you live: Lexington, KY

What you do: Registered Dietitian at UK with Adolescent Medicine

Name of recipe: Pumpkin Pie Overnight Oats

Recipe: Pumpkin Pie Overnight Oats

Ingredients:

- 1/3 cup old fashioned oats
- ½ tsp pumpkin pie spice
- 1 Tbsp chopped pecans
- 1/8 tsp salt
- ¼ cup pumpkin puree
- ½ Tbsp brown sugar
- ½ cup milk or milk alternative

Cooking Instructions:

Add the uncooked rolled oats, pumpkin pie spice, salt, and chopped pecans to a jar or other reusable container. Top with the pumpkin puree, brown sugar, and milk. Close the container and refrigerate overnight up to five days. Before eating, stir the contents of the jar until evenly combined. Makes 1 serving.

Why is this recipe special to you?

I love overnight oats for their versatility and easiness to prepare during busy weeks. I had grown up primarily eating hot, cooked oats so I really loved discovering new ways to enjoy a favorite food of mine. I really enjoy the fall flavor that these overnight oats offer as well as continuing to explore different ways to incorporate new flavors.

Membership Profile Request

The KAND board and IDEA committee wants to get to know our members better with the help of our favorite topic, FOOD!

If you have any great recipes that are culturally special to you we

would love for you to share them with us!

If you are willing to share a favorite recipe please provide the following information and share with Jordan Ellis (IDEA Liaison) at jordanellisky@gmail.com.

Member Name:

Where you live:

What you do:

Name of recipe:

Country/region of origin for recipe:

Recipe (including instructions for preparation and cooking):

Brief description of why this recipe is special to you (i.e. family recipe, part of a special tradition, traditional food to were you grew up, etc).

Photo of recipe (optional):

These recipes will be featured in our monthly updates when we receive them.

WDKAND Updates

Thurs. November 30, 2023

Owensboro Health Healthpark

Health Resource Center Classrooms

1006 Ford Ave.

Owensboro, KY

Turn into parking lot off Robin Road & enter Entrance C. The Health Resource Center is just past the main front desk, to the Right & through the double doors.

Please RSVP to beth.cecil@owensborohealth.org by Tues. Nov. 28th if you plan to attend.

- **09:30-10:00 Registration** Sign-in, CEU fees and lunch money will be collected at this time.
- **10:00-11:00 Weight Loss Medications: Pros, Cons and Comparisons**

This session will provide an overview of the currently approved weight loss meds, including effectiveness, side effects, mechanisms of action and potential barriers to implementation.

 - Level: 2; CPEU: 1.0 Possible Competencies: 10.3.9, 10.4.2, 10.4.4, 10.4.6
 - Speaker: Stevie Candri, PharmD of Owensboro Health
- **11:00-12:00 Recipe for Success: Ingredients for a Dynamic Cooking Demo**

The keys to successfully planning and presenting cooking classes as a means to promote nutrition education, culinary skill building and disease management all in one setting will be discussed. The prepared food will be served for lunch at the end of the presentation--see menu following page.

 - Level: 2. CPEU: 1.0 Possible Competencies: 8.1.3, 8.5.3, 9.1.4, 9.2.1
 - Speakers: Shelby R. Shelby, MS RDN LD CDCES & Melissa Gaither, RDN LD CDCES of Owensboro Health
- **12:00-12:40 Lunch and Business Meeting**

In-house lunch consisting of the food prepared during the cooking demo will be available for \$10/ person, or you may bring your own.

- **12:40-1:00 Tai Chi.** Jan Young, Group Exercise Instructor

- **1:00-2:00 Outpatient Nutrition Counseling in the Treatment of Eating Disorders**

In this presentation, RD's will learn how to conduct a thorough assessment on eating disorder patients in the outpatient setting, how to choose and implement appropriate counseling strategies, therapy topics and interventions and how to determine when a patient's needs fall outside the outpatient RD's scope of practice.

- Level: 2; CPEU: 1.0 Possible Competencies: 9.1.3, 9.6.2, 9.6.11, 10.2.10, 10.2.12, 10.3.6

Speaker: Lexi Wright, MS RDN LD & Darci Davis, MS RDN LD of Owensboro Health

- **2:00-3:00 Trauma Informed Care: Impacting Nutrition Counseling Dynamics and Patient Outcomes**

Relationships with food and body image can be impacted by stress/ trauma experiences. This session focuses on the impact of trauma on the brain to help RD's improve nutrition counseling skills by learning strategies to attenuate negative impact, ways to approach prevention and intervention responses and to identify activities to build resilience.

- Level: 2; CPEU: 1.0 Competencies: 8.2.4, 9.4.5, 9.6.2, 9.6.3

Speaker: Amy Scott, LCSW CADC of Owensboro Health

Lunch Menu

Chicken Sweet Potato Soup

Festive Quinoa Salad with Cranberry Vinaigrette

Pumpkin Cookies

Kentucky Academy of Nutrition and Dietetics

kentuckyand@gmail.com

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