

FRIDAY, MAY 1ST, 2009

7:00am-10:00am

Registration

7:00am- 9:00am

Complimentary Breakfast (Sponsored by: Lipton Tea/Lipton Institute of Tea)

8:00am- 8:15am

Welcome Address: Keri Gans MS RD CDN -*NYSDA Annual Meeting Co-Chair*

8:15am- 9:00am Keynote Address

YOU and Your Genes: How Lifestyle and Foods Change Everything Dr. Michael Roizen

Dr. Michael Roizen, co-founder of the Real Age institute and co-author of the YOU book series with Dr. Oz will kick start the meeting and get the audience motivated to spread the news that there is "joy in eating well". This session will be fun, sometimes irreverent, but always scientifically accurate descriptions of the important effects of lifestyle choices, which include foods such as walnuts and broccoli, have on disability and death rates.

(Sponsored by: California Walnut Board)

Continuing Education: CPE Level 3 PDP Suggested Learning Needs Code : 1000, 2050, 4000, 4060, 7050

9:15am-10:15am

Concurrent Sessions

Each Sessions offers 1 credit

Medicare MNT Status and Future

Ron Smith MPA

In 2008 Congress passed a new law that gave Medicare the authority to significantly expand the coverage of Medical Nutrition Therapy. ADA is in the process of working with Medicare to determine exactly what the new coverage will include. Passage of this legislation does not mark the end of ADA efforts, much more needs to be done. Ron Smith, ADA Director of Government Relations will talk about the status of MNT legislation in the 111th Congress. He also will discuss how to become a Medicare provider.

Continuing Education: CPE Level 1 PDP Suggested Learning Needs Code : 1080, 4080, 7000, 7130, 7170

**CMS' Hospital -Acquired Conditions and POA Indicator Reporting: Attention Hospital RD's...
your institution needs you!**

Amy Timmons RPh

Calling all hospital dietitians! By now you know that effective October 1, 2008, all IPPS (inpatient prospective-payment system) hospitals are at risk for decreased payment for treatment provided when any one of the currently ten CMS identified conditions are developed during a patient's hospital stay. But, do you realize the role *you* play in minimizing the risk of many of these conditions developing in your hospital? Attend this session and you will. (Sponsored by: Abbott Nutrition)

Continuing Education: CPE Level 2 PDP Suggested Learning Needs Code : 1080, 3000, 5000, 6000, 7130, 7170

Docosahexaenoic acid (DHA) Science Update and Health Outcomes Sheila T Gautier RD

Omega-3 DHA is something most Americans don't get enough of! DHA (Docosahexaenoic) is an Omega-3 polyunsaturated fatty acid that is considered to be a "good" fat — in adverse to saturated and trans fats that raise "bad" cholesterol levels and increase the risk for heart disease. DHA is found naturally throughout the body, mostly in the brain, nervous system and eyes. It is important for normal development in all these areas, but especially crucial for brain function throughout life. The purpose of this session will be to discuss the role of DHA in brain, cardiovascular, and eye health. (Sponsored by: Cabot Creamery)

Continuing Education CPE Level 2 PDP Suggested Learning Needs Code: 2000, 4000, 5160

9:00 am - 3:00pm

Exhibits Open!

NYSDA is Going Green! Attendees will be able to download session materials from the NYSDA website eatrightny.org prior to and after the annual meeting. Printed session materials **will not be available in the conference binders.**

FRIDAY, MAY 1ST, 2009

10:30am – 12:00pm

Concurrent Sessions

Each Sessions offers 2 credits

Fiber, Prebiotics and Probiotics

Susan Bell RN BN/Dvora Skoczylas MS RD CDN

This program describes the challenges clinicians face when managing bowel regimens of the elderly, and provides new information on how fiber, prebiotics and probiotics assist in managing these challenges. Constipation and Clostridium difficile (C-Diff) are particularly prevalent and difficult to treat and prevent in the elderly population. Fiber, Prebiotics and Probiotics will be defined and updated information on categorization and sources will be discussed. Traditional measures of bowel management will be reviewed, as well as data supporting the use of fiber, prebiotics and probiotics to assist in bowel regulation. (Sponsored by: Medical Nutrition USA, Inc.)

Continuing Education: CPE Level 2 PDP Suggested Learning Needs Code: 2010, 3080, 4190, 5100, 5220

Immuno-nutrition:Enteral Feeding and the Immune Response

Pat Felt MS RD LD

The objectives of this session are: 1. How early enteral nutrition affects immune response via GALT (gut associated lymphoid tissue) 2. Describe the specific nutrients that may affect immune function. (Sponsored by: Nestle' HealthCare Nutrition)

Continuing Education: CPE Level 2 PDP Suggested Learning Needs Code: 3000, 5000, 5440

Secrets of Successful Entrepreneurs-and How to Become One of Them

Sheila Kelly MS RD

Anyone can be an entrepreneur! The secret is knowing what skills are most important, and how yours stack up. Seasoned entrepreneurs and newbies alike will gain a deeper understanding of what it takes to grow a successful business. Along with research on successful entrepreneurs, Sheila will incorporate personal anecdotes and lessons learned from her 10 years of successful entrepreneurship, and as the author of the 25-CPE program *"The Nutrition Entrepreneur: How to Start and Grow a Great Business"* (2007, Skelly Publishing) (Sponsored by: Sheila Kelly Publishing)

Continuing Education: CPE Level 2 PDP Suggested Learning Needs Codes:1000, 1010, 1070, 1110, 7000, 7070, 7180

12:00pm – 1:00pm

Poster Session I

1 credit

12:30pm – 1:30pm

Complimentary Lunch (Sponsored by: T-fal, American Dairy Association and Dairy Council, Farmland Dairies)

1:30pm - 2:30pm

Poster Session II

1 credit

1:30pm - 2:00pm

ADA Update: Martin M. Yadrick MS MBA RD FADA, *ADA President*

2:00pm - 2:30pm

NYSDA Awards -Keri Gans MS RD CDN, *Immediate Past President*

All attendees are encouraged to attend!

2:45pm - 4:00pm

Concurrent Sessions

Each Session offers 2 credits

Theanine and Caffeine Can Play a Role in Cognition: Helping Improve Attention, Focus, Concentration and Alertness

Douglas Balentine PhD

Come hear the new scientific evidence supporting the potential functional benefits of theanine and caffeine on cognition. New research finds that theanine, an amino acid, affects alpha brain wave activity which has a role in helping to regulate attentional processes in the brain. Studies show that caffeine increases alertness and new research suggests a combination of theanine and caffeine can have a synergistic effect maintain alertness and improving focus and concentration. Finally, learn how regular tea drinking throughout the day can help maintain alertness and improve focus and concentration. (Sponsored by: Lipton Tea/Lipton Institute of Tea)

Continuing Education: CPE Level 2 PDP Suggested Learning Needs Code: 2000, 4000, 5420

FRIDAY, MAY 1ST, 2009

2:45pm - 4:00pm

Concurrent Sessions (Continued)

Each Session offers 2 credits

Whole Grain Goodness – Getting Lost in the Packaging

Marcia Scheideman MS RD CFCS

Review where FDA is with whole grain labeling including the possibilities and pitfalls. Discuss consumer awareness of whole grain identification and fiber and explore best practices in education consumers. Take a look at how sustainability plays out with grains and grain based foods. (Sponsored by: Wheat Foods Council)

Continuing Education: CPE Level 1-2 PDP Suggested Learning Needs Code: 2000, 4000, 4030, 6000, 6050

Pharmacology Basics for the Clinical Dietitian

Sarah Feasel Med RD LD CNSC

This presentation will provide participants with a view of how pharmacology and nutrition are very closely related in clinical practice. Biochemical mechanisms of specific drug and food interactions will be explored. (Sponsored by: Morrison Health Care)

Continuing Education: CPE Level 2 PDP Suggested Learning Needs Code: 3000, 3070, 3100, 5000, 5410, 5420, 6000

4:15pm-5:15pm

Concurrent Sessions

Each Sessions offers 1 credit

The Organic Debate: Is the Premium Worth It?

Marianne Smith Edge MS RD LD FADA

The demand for organic foods has risen sharply over the past years, but do we as nutritional professional and consumer understand the label? With the current economic situation, will the trend stay the same? Why does organic food cost more and does the cost guarantee greater nutritional value? Learn how to address the organic food issues, especially dairy with clients and the consumer.

(Sponsored by: American Dairy Association and Dairy Council)

Continuing Education: CPE Level 2 PDP Suggested Learning Needs Code: 1000, 1070, 4000, 7000, 7050, 8000, 8018

ADA's Evidence Analysis Library: Synthesis of the Best Available Nutrition Research for the RD

Wahida Karmally DrPH RD CDE CLS

Learn all about how to use ADA's Evidence Analysis Library. The EAL is a resource to ADA members to assist RDs in implementing evidence-based practice. The EAL provides the RD with guiding statements and treatment algorithms which are developed using a systematic process for identifying, analyzing and synthesizing scientific evidence.

Continuing Education: CPE Level 2 PDP Suggested Learning Needs Codes: 4010, 4040, 5000, 9010, 9020, 9030

Changing Behavior Using Client-Centered Nutrition Education:

Rayane AbuSabha PhD RD

Workshop participants will learn the philosophy behind client-centered nutrition education. During this presentation, the theories behind facilitated education will be applied to delivering client-focused nutrition education in a nutrition program setting. A mixture of discussion, and small group activities will be included.

(Sponsored by: The Sage Colleges)

5:30pm-7:00pm Networking/Cocktail Party

All attendees are invited to attend this networking reception party. This is the perfect chance for you to network with colleagues, explore professional opportunities, and visit with new and old friends. Delicious complementary hors d'oeuvres will be served. Cash Bar (Co-sponsored by: New York Beef Industry Council)

SATURDAY, MAY 2ND, 2009

| | |
|-------------------|---|
| 7:00 am - 9:00 am | Registration |
| 7:00 am - 8:30 am | Continental Breakfast (Co-Sponsored by Eggland's Best) |
| 7:30 am - 8:10 am | NYSDA Annual Business Meeting - Beth Smythe RD CDN CPT, <i>NYSDA President</i> <i>All attendees invited and encouraged to attend.</i> |
| 8:10 am - 8:30 am | District Gift Basket Raffle - ADAF and NYSDA Scholarship Fundraiser |

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|--------------------|----------------------------|--------------------------------------|
| 8:45 am - 10:00 am | Concurrent Sessions | Each Session offers 2 credits |
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Overweight, Undernourished and At-Risk: Hot Topics in Childhood Nutrition Elizabeth Ward MS RD

American children are in the midst of a nutrition crisis that's resulting in overweight and disordered eating, and is forming the foundation for chronic conditions that typically occur much later in life, including type 2 diabetes and hypertension. Review the current trends in childhood obesity, physical activity and nutrient intake and how they affect the health of young children and adolescents, as well as how unhealthy habits in childhood affect future well-being. Explore the latest research about nutrients considered key to proper growth and development and good health, including choline, vitamin D, protein and iron.

(Sponsored by: New York Beef Industry Council)

Continuing Education: CPE Level 2 PDP Suggested Learning Needs Codes: 4000, 4150, 5000, 5070, 5130

Beans: The Vegetable With More!

Robyn Flipse MS RD

The 2005 Dietary Guidelines for Americans recommend eating three cups of legumes per week as part of the recommendation to consume 4 ½ cups (or nine servings) of fruits and vegetables daily. However, food intake surveys indicate Americans are eating only half the number of servings of vegetables and a third of the legumes recommended in the Guidelines. This presentation will discuss how the unfamiliar terminology used for beans in dietary guidance materials and their inconsistent food group placement may have contributed to the low intake of beans by Americans, along with the inadequate meal planning resources to support their use by today's consumers. Suggestions are made for how nutrition professionals can lead the way in closing the gap in vegetable and bean consumption. (Sponsored by: Bush's Beans)

Continuing Education: CPE Level 2 PDP Suggested Learning Needs Codes: 2000, 4000, 4030, 4040

The Low Carbon Diet for Today's Energy Crisis: Why the RD is perfectly poised to be a key part of the "green" trend

Kate Geagan MS RD

The American diet is warming the planet and is the SUV of eating styles; our convenience-oriented eating habits and global supermarket are high calorie, high carbon and often cost more. Come learn where "green" and "lean" overlap and where they diverge, understand and how the growing energy crisis will likely change America's food choices and discover how the RD message is perfectly poised to be a key part of the growing "green" dialogue.

Continuing Education: CPE Level 2 PDP Suggested Learning Needs Codes: 1000, 2000, 4000

NYSDA is Going Green! Attendees will be able to download session materials from the NYSDA website eatrightny.org prior to and after the annual meeting. Printed session materials **will not be available in the conference binders.**

SATURDAY, MAY 2ND, 2009

10:15am-11:30am

Concurrent Sessions

Each Session offers 2 credits

Eating Seafood: Is the Devil in the Deep Blue Sea

Joyce Nettleton DSc

The presentation will review the benefits and risks of eating seafood, especially by women of childbearing age. Emphasis will be given to the scientific underpinning for the benefits associated with seafood consumption for women, especially during pregnancy and lactation. The presentation will also include US seafood and long-chain omega-3 fatty acid consumption in the context of current recommendations. The data underlying the risks associated with mercury will also be presented and discussed.

(Sponsored by: Alaska Seafood Marketing Institute)

Continuing Education: CPE Level 3 PDP Suggested Learning Needs Codes: 2000,2020, 4000,4130, 5000

Dietetics 2010 and beyond: The Opportunities and Challenges for Nutritional Genomics in Dietetics

Judith Gilbride PhD RD CDN FADA

Dr. Gillbride will review the status of research and clinical application in nutritional genomics for health care and dietetics. During the session the participants will recognize the challenges and opportunities for dietetic practitioners and learn the importance of participating in the national debate on the future of nutritional genomics and the role of dietitians.

Continuing Education: CPE Level 2 PDP Suggested Learning Needs Code: 1000, 1070, 2000, 2050, 3000, 4000

Nutrition Management of the Patient with Acute Kidney Injury

Marcia Kalista-Richards MPH, RD

CNSC LDN

This program will discuss the types of Acute Kidney Injury (AKI) with information provided on the metabolic changes and nutritional alterations associated with AKI. Concepts of care related to both Chronic Kidney Disease (CKD) and AKI will be discussed along with recommendations for the fluid, electrolyte and micronutrient needs of patients requiring renal replacement therapy in critically ill patients. Using a case study, the challenges in providing nutrition support to the patient with renal disease will be presented.

(Sponsored by: Sodexo)

Continuing Education: CPE Level 2 PDP Suggested Learning Needs Codes: 3000, 3020, 5000, 5340, 6000

11:30 pm – 12:00pm

Networking Snack Break (Product donated by Dannon) All Attendees Welcome

12:00pm - 1:00pm

Concurrent Sessions

Each Session offers 1 credit

The RD On-Line, Today and Tomorrow

Marilyn E. Jess MS, RD

What kinds of things are nutrition professional doing on-line anyway? Answer-reaching more people than ever. Ever wonder where you knowledge and skills fit into the on-line environment? The future is here and the RD's presence on-line is growing and expected to grow even more! Come find out where our profession is today, where we're headed and which skills you need in your tool kit in order to thrive on-line.

(Sponsored by: Welch's)

Continuing Education: CPE Level 1 PDP Suggested Learning Needs Codes: 1020, 1140, 4100, 6020, 7070, 7120*

SATURDAY, MAY 2ND, 2009

12:00pm - 1:00pm

Concurrent Sessions (continued)

Each Session offers 1 credit

Pattern Management for Improved Post Prandial Blood Glucose for Type 2 Diabetes

Laura Coti Garrett MS, RD,CDE

An essential role for dietitians and diabetes educators is interpreting food diaries and blood glucose monitoring in a matter that improves postprandial results whether you are getting daily strip readings or just relying on HbA1C. This session covers glycemic goals, interpretation of HbA1c and diabetes medications. It also reviews carbohydrate, fat protein fiber alcohol, stress and illness impact on blood glucose. Cast studies will illustrate examples of utilization for food recommendations on diet and medication changes.

(Sponsored by: Phase2/Starch Lite)

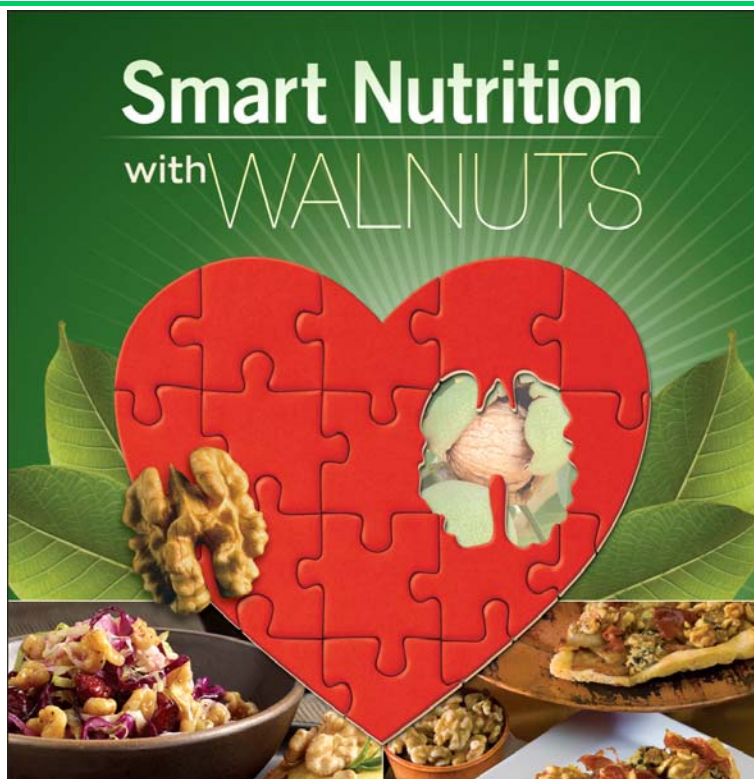
Continuing Education: CPE Level 2 PDP Suggested Learning Needs Codes: 3000, 3020, 5000, 5190, 6000

Nutrition Modulation of Age-Related Declines in Motor and Cognitive Function Dr. James Joseph

Research suggests that motor and cognitive deficits in aging arise as a result of a increasing inability of the aging organism to protect itself against inflammation and oxidative stress (INF/OS), providing "fertile ground" for the development of neurodegenerative disease. However it appears that polyphenolics found in fruits and vegetables and nuts such as walnuts that enhance the survivability of the plant presumably may provide the necessary protection to prevent the decline of cognitive and motor function in senescence. In this presentation the fruits, nuts etc. that may provide protection against the deleterious effects of aging, as well as the mechanisms involved in their protection will be discussed.

(Sponsored by: United States Department of Agriculture)

Continuing Education: CPE Level 3 PDP Suggested Learning Needs Codes: 2000, 2020, 2090, 2010, 9010



Can't make it to the conference? Visit us online at
www.walnuts.org/RD
for information specifically for Registered Dietitians.



Dr. Michael Roizen

REGISTERED DIETITIANS Know Smart Nutrition

The California Walnut Board is pleased to sponsor Dr. Michael Roizen at the New York State Dietetic Association's Annual Meeting speaking on "YOU and Your Genes: How Lifestyle and Food Change Everything."

Please visit California Walnuts at the meeting for information on walnuts' nutrient profile, health research, free patient education tools, and smart recipes.



To Register for the Meeting

Complete the attached registration form and mail it with payment to the address indicated. Only checks or money orders will be accepted. A \$30 fee will be assessed on all checks returned for insufficient funds.

You can also register on line at www.eatrightny.org

Please copy the completed registration form for your records. Confirmations will be sent via email only.

Registration Deadline

All registrations must be postmarked by April 24, 2009. Registrations postmarked after April 24th will be assessed a \$30 late fee. Registration forms received after April 24th will not be processed and on-site registration will be required. Onsite registration will incur an additional \$30 fee.

Cancellations

All cancellations are subject to a \$30 processing fee.

Meeting Location

Hilton Rye Town 699 Westchester Avenue Rye Brook, New York 10573

Directions to Hotel

From I-95 (North or South) take exit 21 (in New York) to 287 West. Follow 287 West to Exit 10 (Webb Av). At Exit 10, at traffic light continue straight for 2/10 mile. At next traffic light make a right onto 120A(Westchester Ave.)

Follow Westchester three more lights and then turn left into the hotel. From 287 East (Tappan Zee Bridge), take Exit 10. After exiting, you will be on Westchester Ave.

Follow Westchester Avenue ahead while forking left at the signs for Port Chester/120A and the hotel will be four lights ahead on the left.

Hotel Reservations

Please call the toll-free number 1-800HILTONS (1-800-445-8667) and tell the reservationists you are a NYSDA meeting attendee. Rooms can be also reserved on the www.ryetown.hilton.com web site using group/convention code **NYSDA**. Availability of rooms at the special rate is guaranteed only until Wednesday, April 8, 2009. Reservations received after this date will be accepted, if space is available, at the prevailing rate. A credit card or a deposit equal to one (1) night's hotel stay is required to hold each reservation. Should a guest cancel a reservation, the deposit is refundable if notice is received at least forty-eight (48) hours prior to arrival and a cancellation number is obtained. Currently, combined taxes of 10.38% are applicable to the room rate. Such tax is subject to change without notice. Extra person charge is \$20 per person, per night. Children under eighteen (18) years of age may stay free in their parent's room using existing bedding. Guest room rates will apply three(3) days before and three(3) days after the meeting dates, based on availability.

NYSDA Annual Meeting Guest Room Rates

Special room rates are available at Hilton Rye Town

| Room | Single | Double |
|----------|--------|--------|
| Standard | \$149 | \$149 |

Check in/Check out

Check in time is 3:00 pm and check out time is 12:00 pm. Guests may be penalized for early departure. All reservations must be guaranteed for the entire stay.

Cell Phones and Beepers

Use of cell phones and beepers will not be allowed during the sessions.

Fundraiser

A District Basket Raffle will be held on Saturday, May 2nd during breakfast to raise money for the American Dietetic Association Foundation (ADAF) and NYSDA Scholarship. The ADAF provides funds and programs for education and research to benefit the public and dietetics professionals. Ticket cost: 10 tickets for \$5.00 or 25 tickets for \$10.00. Tickets will be available at the meeting. Bring your mailing labels for easy ticket processing.

For more meeting information, contact:

Keri Gans, MS RD CDN, Co-Annual Meeting Chair

Phone: 212-647-0941

Email: kmgans@aol.com

Maria C. Mahar, MA RD CDN, Co-Annual Meeting Chair

Phone: 315-637-2158

Email: maria.mahar@gmail.com

Continuing Education Credits Requested:

Friday, May 1st 9 credits

Saturday May 2nd 5 credits

Recommended learning need codes for the Professional Development Portfolio are listed for each session in the brochure and in the final meeting program.

NYSDA is Going Green! Attendees will be able to download session materials from the NYSDA website eatrightny.org prior to and after the annual meeting. Printed session materials **will not be available in the conference binders.**

*** ADAPAC - The American Dietetic Association Political Action Committee was established in 1981 to supplement the ADA government relations program by providing an avenue for involvement in the political process. ADAPAC is the only political action committee that focuses on food and nutrition as it relates to health. It provides ADA an ability to leverage the political power of ADA members in the public policy process by assisting candidates who support sound food, nutrition and health initiatives. ADAPAC has a nine-member Board of Directors that oversees its activities. ADAPAC may only solicit ADA members for personal contributions. Corporate funds are strictly prohibited from being donated to ADAPAC. (Adapted from the ADA website eatright.org)

The ADAPAC Web address is www.adapac.org.



REGISTRATION DEADLINE: April 24, 2009

You can also register on line at www.eatrightny.org.

Please **TYPE** or **CLEARLY PRINT** the following information:

Name _____ Credentials _____

Company _____

ADA Member # _____ NYSDA District _____

Phone _____ Fax _____ Email _____

(Required for email confirmation of registration)

Address _____ City _____ State _____ Zip _____

Registration fee includes Breakfast, Lunch, and Network Reception on Friday, Breakfast and Break on Saturday, and the Exhibition Materials. Education Materials for all sessions will be available on line @ eatrightny.org

Hotel registration and other meals are not included.

Please check the appropriate registration options:

| Membership Type | √ | Active ADA Member | Retired ADA Member ¹ ADA Student Member ¹ | Non-ADA Member |
|--|---|-------------------|--|----------------|
| Registration Option | | | | |
| Full Conference (2 days) | | \$220 | \$145 | \$430 |
| Friday ONLY | | \$165 | \$110 | \$375 |
| Saturday ONLY | | \$115 | \$75 | \$325 |
| ADAF Contribution (American Dietetic Association Foundation) | | | | |
| NYSDA Scholarship Fund | | | | |
| \$1.00 Contribution to ADA-PAC*** | | | | |
| \$30 Late Fee (After April 24, 2009) | | | | |
| Total | | | | |

¹Retired and Student Member rates available if copy of ADA membership card accompanies registration form.

Send registration form with check or money order payable to NYSDA to:

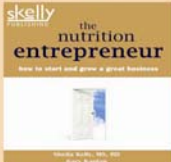
Michele Easterly MA RD

P.O. Box 223

Pompey, NY 13138

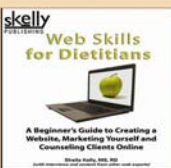


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PUBLISHING to fast-track your goals



The Nutrition Entrepreneur: How to Start and Grow a Great Business (25 CPEUs)

"I have read other books on entrepreneurship but this one was the best by far. Thank you."
R.S., PhD, RD, Brooklyn, NY



Web Skills For Dietitians: A Beginner's Guide to Creating a Website, Marketing Yourself & Counseling Online (20 CPEUs)

"This was the most informative & trust-worthy continuing ed course I've ever taken in many years of doing these to maintain my RD. Thank you." Molly Siple, MS, RD, Los Angeles, CA

www.skellypublishing.com

Welcome NYSDA members!

Stop by the Skelly Publishing booth and say hello!

Place an order onsite and get free shipping!

Visit www.skellypublishing.com to see all our continuing education programs, designed specifically for RDs.

NYSDA would like to extend a special “thank you” to all of this year’s generous meeting sponsors.

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BEEF



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American Dairy Association
&
Dairy Council, Inc

