

West Virginia Academy of Nutrition & Dietetics 2018 - Speaker Biographies



Tamara Randall, MS, RDN, LD, CDE, FAND

Tamara serves on the Academy of Nutrition and Dietetics Board of Directors, as well as the director of the Master of Science in Public Health Nutrition Dietetic Internship at Case Western Reserve University. She will share the Academy of Nutrition and Dietetics Annual Update and take questions from the WVAND membership.



Senator John Unger II (D- Berkeley, 16)

Senator Unger will present an update on the current status of West Virginia School Lunch & other programs, as well as actions for RDNs and nutrition professionals to make a difference. Come learn about how West Virginia's children are being nourished in the classroom, and leave with action items for change in your community!



Dana Elia MS, RDN, LDN, FAND

www.FusionIHW.com

Dana will explore the principles of integrative and functional medical nutrition therapy and provide guidance on tools and resources for practitioners. Audience members will gain a better understanding of how to treat *beyond* symptoms, taking into account the patient's history viewed through the lens of antecedents, triggers and mediators.



Dayle Hayes, MS, RD

<https://schoolmealsthatrock.org>

In today's online world, social media skills are no longer an option for dietetics professionals – they are essential in every area of practice. In a fast-paced, hands-on, edu-taining session, Dayle will help you sort through the cluttered electronic world to focus on the channels that matter most to you, your personal interests, and your professional success to enhance your online presence



Sharon Palmer, RD

<https://sharonpalmer.com>

Chronic inflammation is a condition that scientists now widely believe is a root of the chronic killer diseases of our time, including heart disease, metabolic syndrome, type 2 diabetes, cancer, rheumatoid arthritis, and neurodegenerative disease. Diet and lifestyle can either create a pro-inflammatory environment or an anti-inflammatory one. In this plant-powered presentation, participants will learn lifestyle and dietary strategies to address inflammation in the body.



Kayla Bridges MS, RDN-AP, CSP, CNSC, FAND

Kayla is a clinical Dietitian, specializing in neonatology at the William Beaumont Children's Hospital in Royal Oak, Michigan. This presentation will review potential indications and current evidence regarding use of alternative intravenous lipid emulsion (IVLE) throughout the lifespan. This presentation will summarize the role of polyunsaturated fatty acids during development and in mediating immune function/inflammation, distinguish pertinent fatty acid profile and other differences between commercially available IV lipid emulsions, and identify patients on parenteral nutrition support that may benefit from alternative IV lipid emulsions.



Mr. Brent Bishop

<https://leadershipstudies.wvu.edu>

Using principles developed by the WVU Leadership Studies program, this interactive workshop will introduce the principles of followership, leadership, and how leaders can utilize context as a tool for leading. Exploring generative partnerships, productivity, and personal growth, participants will leave with a new understanding of how lead in the field.



Leah Sarris, RD

Leah is Program Director for the Goldring Center for Culinary Medicine at Tulane University. Leah spends a lot of time developing and teaching curriculum for medical students, the community and continuing education for the healthcare and foodservice industry. Leah's presentation will focus on culinary medicine, applications to the field, and the Mediterranean Diet.



Leah Lizarondo

<https://412foodrescue.org>

CEO and Co-Founder of 412 Food Rescue - Leah is a pioneer in the food movement. 412 Food Rescue was founded as a direct response to the disconnect between food waste, hunger, and environmental sustainability. Serving as a go-between for food retailers and community organizations in Pittsburgh, PA - they deliver fresh food that would otherwise be wasted to organizations that work with food-insecure populations.



Jaimela Dulaney MD, FACC

<http://doctordulaney.com>

Dr. Dulaney uses plant based approaches to cardiovascular disease management. Upon completing the session, participants will be able to better understand lifestyle disease, and understand the role of nitric oxide in vascular disease and fat in the development and reversal of diabetes while gaining skills to implement change in practice.

Wild & Wonderful Dietitians Round Table

The Wild & Wonderful Roundtable highlights Dietitians affiliated with West Virginia, to share best practices and their experiences in the field.



Maria Dalzot MS, RDN

Maria is the dietitian in the Bariatric Weight Management Program at NorthStar Medical Specialists in Bellingham, Washington. She is also a LaSportiva athlete, USATF National Trail Champion and a multi-time US Mountain Team Member.



Bethany Pennock MS, RDN

WVU Athletics - Assistant Nutritionist

Bethany is the Assistant Sports Dietitian for West Virginia University Athletics. Bethany will share her experiences in the sports nutrition field, working with collegiate athletes, eating disorder prevention, and the ins and outs of #FuelingtheMountaineers.



**Kayla Bridges MS, RD-AP, CNSC, FAND
Beaumont Children's Hospital**

Kayla is a clinical dietitian specialist in neonatology at Beaumont Children's Hospital in Royal Oak, Michigan. She will share her experiences in Advanced Practice, an engagement efforts in various Didactic Practice Groups including Publications Chair for the Pediatric Nutrition, Treasurer for the Michigan Society for Parenteral and Enteral Nutrition, and the clinical practice committee for the American Society for Parenteral and Enteral Nutrition (ASPEN).



**Devin Diehl, RDN
DaVita Dialysis and the Urban Chicken**

Devin is a clinical dietitian, serving as the divisional Kidney Smart and home lead at Da Vita Kidney Care. Devin will share her experiences in the clinic and as an entrepreneur - advocating for food systems with her company – The Urban Chicken.



Judy Siebert, MS, RDN, LD, CDE

Judy is a dietitian for WVU Family medicine and is a certified tobacco treatment specialist. Judy will share lessons learned from her career and journey in the field of nutrition and dietetics.

Supporting West Virginia AgriCULTURE

This roundtable will share stories from individuals working to strengthen West Virginia's local food economy. Come and learn more about West Virginia's food heritage, increasing food access, food justice, and writing the next chapter in West Virginia Agriculture. *"Growing food is the common thread throughout the whole world. It connects everyone, across all party lines, all ethnic and religious differences."* Robyn Van En (1947-1997)

	<p>Lacy Davidson MS, RD, LD, RYT Lacy is an Integrative and Functional Nutrition Practitioner based in Huntington, WV. She was a driving force behind developing the Pullman Square Farmers Market, treats patients as part of her practice in Nourish Appalachia, and co-owns Elmcrest Farm and ACCESS-WV a non-profit dedicated to increasing access to activities and resources that promote recreation and sustainable food systems.</p>
	<p>Athena Freeland Athena is a champion for increasing access to locally produced foods in West Virginia. Athena wears a lot of hats from serving as the Beverage Director for Sargasso, assisting with Farm to Table dinners across the region, and spearheading the Bridgeport Farmers Market – POP: Power of Produce Club. She has a genuine understanding of hospitality and is dedicated to improving the overall health of our region.</p>
	<p>Mary Oldham, MS Mary Oldham is a regional coordinator for the Value Chain Cluster Initiative and co-owner of Mountain Harvest Farm LLC. From traveling abroad and working as a Peace Corps volunteer working with a women’s agricultural cooperative to traveling West Virginia to raveled the region to strengthen our food system, and leads by example</p>
	<p>Annie Stroud Annie Stroud offers expertise in sustainable agriculture methods, local food systems, and resource access for rural economies. A driving force in the local foods movement, Annie will share insight on growth in West Virginia Agriculture, and ways food and nutrition professionals can support West Virginia agriculture.</p>



Ashley Reece

<https://www.consciousharvest.org/>

Ashley is a food justice advocate and Americorps Vista for the WVU Food Justice Lab and Conscious Harvest Cooperative. Ashley will share information on the Food for families program, and community garden efforts to increase food access.



Amanda Marple, MA

<https://www.firsthand.coop>

Amanda is the founding cooperative director of FIRSTHAND Cooperative and has led since 2014. She is a member of the WVU Food Justice lab, and her research and advocacy focuses on the development of student food cooperatives in collaboration with the Cooperative food empowerment initiative.