Hello LAHIDAN Members,

In this edition of Adelante News, our candidates for the upcoming LAHIDAN election share information about themselves. Take a moment to get acquainted with your slate of candidates, and be sure to take an active part in your election by voting. Voting coincides with the Academy National election and begins February 1 and ends on February 15.

We will delve deeper into the heart and success of mentorship. Dr. Gail Frank shares "There should be no barriers to developing powerful, skilled young professionals who practice their profession and improve the health of our country! And, it goes without saying, a mentor-mentee relationship is highly beneficial for both individuals!" Read on to learn from both the perspective of the mentor and from the mentee.

Spotlighted below is Gabriela "Gabby" Puche, our LAHIDAN Student FNCE® Scholarship Recipient who shares with us her valuable experience attending this past FNCE® in Philadelphia.

Stay connected with LAHIDAN! The Member Discussion Board is ready and waiting for engaging conversations. Jump in there and share your resources, questions, and nutrition/industry information. We look forward to hearing from you!

Academy Election and Project Vote
The Academy will again host Project Vote, an incentive program to help DPGs and MIGs
engage with the Academy’s nominations and elections. DPGs are grouped by membership into categories and MIGs in a category. The group with the highest percentage of voters in each category will receive a free registration to FNCE® 2020 each year.

Meet Your Candidates

Chair-Elect Candidate:
Andie Lee Gonzalez, PhD, MPH, RDN, LD, FAND

BIO INFORMATION

Chair-Elect Candidate:
Maria Virginia Tijerina Walls, MS, NC, PhD Candidate

BIO INFORMATION

Treasurer Candidate:
Diana Licalzi, MS, RD
Milestones: How a Mentoring Relationship Can Evolve
by Gail Frank, DrPH, RD, CHES and Vanessa Avila, MS, RD

This article will describe how a strong and productive mentoring relationship developed between Mentor (Dr. Gail Frank) and Mentee (Vanessa Avila). There were many important events along the way. Vanessa was originally an undergraduate student in nutrition and dietetics at California State University Long Beach (CSULB). She is now in her third year of private practice in Los Angeles, CA. Dr. Gail Frank is a Professor and Internship Director at CSULB. Their mentee-mentor relationship has spanned eight years.

Click here to follow their journey.

MENTOR: Gail Frank, DrPH, MPH, RD, CHES is a writer/speaker having served 19 years as an Academy Media Spokesperson. A Certified Health Education Specialist (CHES) and trained as a chronic disease Epidemiologist, her education included: Texas Tech University, B.S. 1970 Food and Nutrition; Touro Infirmary, New Orleans, Dietetic Internship 1970-1971; Tulane University, New Orleans, M.P.H. 1972 Public Health Nutrition; Tulane University, Dr.P.H. 1984 Epidemiology.

Read Dr. Frank's FULL BIO HERE.
MENTEE: Vanessa Avila, MS, RD became a Registered Dietitian in October, 2016 completing her Internship at California State University Long Beach where she graduated with her M.S. in Nutritional Science, August, 2016 and received her B.S. in Dietetics and Food Administration, May 2014. She founded ‘Optimal Nutrition Consulting,’ in 2016 in Pasadena, CA focusing on integrative and functional MNT.

Read Avila's FULL BIO HERE.

Meet Gabriela "Gabby" Puche
2019 LAHIDAN Student FNCE® Scholarship Recipient

With gratitude to LAHIDAN, Gabby shares with us how meaningful it was for her to have the opportunity to attend FNCE® this past year. While staffing the LAHIDAN booth at the DPG/MIG Showcase, she noticed an overwhelming amount of requests for Spanish speaking dietitians in the field.

"I encourage all LAHIDAN student members to apply to this scholarship and network because YOU ARE NEEDED."

Click here to read more about Gabby and her FNCE® experience.

LAHIDAN Mentorship Program

Do you have experience you are willing to share? Do you have an interest in helping “young” nutrition professionals or students grow in the nutrition and dietetics profession? We would love to consider you for a Mentor position.

Are you a student member of LAHIDAN or new to the nutrition and dietetics profession? Would you like to be mentored by a more experienced LAHIDAN member?

Apply here for MENTOR or MENTEE positions!

If you have any questions, please contact us.