

RETIRED MEMBER SPOTLIGHT:
FAYE ROBICHAUX
BAYOU DISTRICT

What type of work setting/area of concentration did you specialize?

University Associate Professor in Dietetics Program – taught for 20 years, Supervisor of Child Nutrition Programs with Lafourche Parish School Board for 10 years

What are your hobbies?

Reading, cycling, traveling, spending time with grandchildren

Why do you think continuing education is important for dietitians?

Dietetics is a dynamic field of study. New research delves deeper for new knowledge and methods of solving problems. It is important for dietitians to be on the cutting edge of our profession.

What is your fondest memory of LDA?

I attended an LDA meeting in Lafayette and one of my first cousins was attending her first LDA meeting as a registered dietitian. I was very proud of both of us – two registered dietitians in the family.

What makes you an exceptional dietitian?

I think dietitians can make a big difference in the world because we can help others take responsibility for their own health. I am a firm believer in eating healthy and exercising. Working in the field of education, I have touched many lives in that regard.

Who is the person who has inspired you the most?

My aunt who was a nurse anesthetist was an inspiration to me for going into the medical field. I went to five open houses trying to decide on a nursing school to attend. I stepped out of the elevator at the fifth school, Lady of the Lake Hospital, and I knew at that moment I wanted to be a dietitian. It was a great decision!

Briefly describe a patient who has touched you.

I was working at the West Jefferson Rehab and Fitness Center and a man in his early forties was attending rehab after a heart attack and bypass surgery. He had young children. He was the most appreciative patient I have ever counseled.

How has dietetics changed/what is the biggest change since you first entered the field?

Dietetics has gained in importance and prestige as a profession since I first entered the field. The emphasis on diet and exercise on quality of life has taken center stage.

What is your favorite food/recipe?

My favorite recipe is “Cream of Spinach Soup”. I modified it to reduce the fat content by using fat free half and half.

What words of wisdom do you have for new dietitians?

Do what you love and you will be great at it.

Name the accomplishment you are most proud of.

A friend and I received a \$15,000 grant to start a year long walking program in Thibodaux. The program was very successful and received national recognition from the Agricultural Research & Extension Service.

