

## **RETIRED MEMBER SPOTLIGHT:**

# **SHIRLEY WALSH**

## **BAYOU DISTRICT**

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

First, I worked as administrative and clinical dietitian at Touro infirmary in New Orleans. Then I became a teaching and clinic dietitian at Touro also working with nursing students from UL. Ten years and six children later, I began teaching Nutrition and Diet Therapy to LPN students at South LA Voc-Tech School in Houma. I also worked as a consultant dietitian and was involved in private practice. In my retirement, I continue to work as a consultant dietitian for Terrebonne Council on Aging.



### **Hobbies?**

Collecting cook books, reading, and water color painting.

### **Why do you think continuing education is important for dietitians?**

Because of the rapid development of new technology and the new information that follows.

### **What is your fondest memory of LDA?**

LDA hosting ADA in New Orleans in 1985 and serving as co-chair with Paula Rhodes as hosts in the Speakers lounge, meeting Andrea Mitchell who was one of the presenters. Also being honored/recognized at the LDA State Meeting in Baton Rouge in 2006 along with other 50+ year dietitians.

### **What makes you an exceptional dietitian?**

I have maintained my membership in ADA for 54 years and in BDDA since its inception. I enjoy sharing my knowledge of nutrition with "Seniors through Council on Aging. I have provided menus for the women s shelter, and as an Advisory Board member of the Foster Grandparents Program, I have provided nutrition information for young children.

### **Who is the person who has inspired you the most?**

Kathy King Helm. I attended a seminar where Kathy King was a presenter. Later, I attended a seminar in Houston with two other dietitians regarding "starting a private practice. We did start a private practice which was later dissolved.

### **What do/did you like best about being a dietitian?**

I have had the ability to practice my profession daily in rearing my family, to teach healthy eating habits, to promote and maintain healthy lifestyles.

### **What words of wisdom do you have for new dietitians?**

Become actively involved and support our professional organization. Participate in District, State, and National activities. Volunteer in the community where you live and share current nutritional information. Become active in the Legislative arena.

### **Name the accomplishment you are most proud of.**

I must have been a good role model my youngest daughter became a dietitian and remains active as an RD/LD in Texas.

### **Anything else you would like to share with our members about yourself.**

It was very special being one of the 50-year honored members at the ADA Annual Meeting in San Antonio in 2003. It was great meeting other 50-year members and catching up with my classmate, Helen Herrick Rask, who now lives in Hawaii. I was the only dietitian from Louisiana. Also, having my dietitian daughter join me was an especially rewarding experience.