



Dr. Sandra Frank
Registered Dietitian and Licensed Nutritionist

Internet Communication, Education, Web Design and Social Media

Provides current news and resources in Nutrition, Food, Health, Recalls, Safety, Shopping, Weight Control and Disability Rights.

Goal. Encourage awareness and inspire ideas for Journalists, Educators, Consumers and Health Professionals.

On-line Presence

Weighing-Success.

The original website designed to provide educational resources, lifestyle skills, menu planning tools, shopping tips and more.

Website. <http://www.weighing-success.com>

Wellness News.

Monthly newsletter with daily up-dates. Current News and Resources in Nutrition and Food. Highlights special health and wellness events. Target audience: Journalists, Educators, Consumers and Health Professionals. As of January, 2010 Wellness News received 111,010 hits.

Newsletter. <http://wheelchair-connection.com/WellnessNews.html>

Twitter. http://twitter.com/wellness_news

Dietitians-Online.

Created to promote the Registered Dietitian and provide on-line food and nutrition information to the media and health professionals through the knowledge, dedication and talents of the Registered Dietitian. Highlights RDs in the News and Blogs.

Website. <http://www.dietitians-online.com>

Sandra J. Frank, Ed.D, RD, LDN

Linkedin. <http://www.linkedin.com/in/eatrightwdrfrank>

email. recipenews@gmail.com

Wheelchair (Ability) Connection

Demonstrates the courage, strength and spirit of those we call "Special". Listen to their voices, see their faces and read their stories. Learn how the "Special", exceptional family and caregivers are handling challenges. Discover and share resources for assistance, equipment, or changes in the law. Administrator: Jake Frank.

Website. <http://wheelchair-connection.com>

Jake is my son. He was born with cerebral palsy and is a quadriplegia. He moves about independently in his motorized wheelchair. In 1992 Jake was the Broward County Poster Child for the Cerebral Palsy telethon.



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Twitter: http://twitter.com/wellness_news

Education

FLORIDA ATLANTIC UNIVERSITY, Boca Raton, Florida. Doctor of Education, April 1986, teaching field Nutrition, minor computer software and statistics. Dissertation: The relationship of locus of control on weight loss. Presented at the American Dietetic Association National Convention, Las Vegas, Nevada, October 1986.

LONG ISLAND UNIVERSITY, Greenvale, New York. Master of Science, January 1981, major in Nutritional Biochemistry and Medical Biology. Research: The Relationship between Serotonin and Tryptophan in the Human Brain. Thesis: Evaluating the implementation of a community nutrition education program.

BROOKLYN COLLEGE, Brooklyn, New York. Bachelor of Arts, February 1979, major in Foods and Nutrition.

NEW MEXICO STATE UNIVERSITY, Las Cruces, New Mexico. Major in Agronomy and Dietetics 1973 to 1976.

Experiences

Media

September 1989 to Present. Consultant Dietitian (Newspapers and Magazines): Recipe analysis. Consultant on nutrition features. Sun-Sentinel, Ft Lauderdale, FL. (Sept 1989 - Present); Bon Appetit, California (March 1994 - Present); Past Affiliates. Atlanta Constitution, GA Detroit Free Press, Detroit, MI Fort Worth Star, Worth Forth, Texas

Clinical and Grants

June 2003 to October 2004. Chief Clinical Dietitian/Licensed Nutritionist, Whitehall of Boca, Boca Raton, FL. Responsibilities: Overseeing the clinical aspect of the Nutritional Services Department, including writing care plans and MDS, providing in-service training and designing quality assurance programs.

June 1983 to June 1987; June 1991 to March 1994. Registered Dietitian/Clinical Nutritionist and Special Projects Coordinator Gold Coast Health Center, Fort Lauderdale, FL. Participated in care plans, documentation, and quality assurance. In addition, wrote grants and was awarded a two year contract to teach individuals and families affected by the AIDS virus.

Grant Writing for Older Americans Act and Ryan White Funds, Menu Planning for Disabled

October 1984 to December 1998. President, Nutrition by Design. Coral Springs, Florida. Consultant to the health care industry, commercial food service, government agencies under Title III of the Older American Act and Ryan White Funds. Produced and developed recipes and cycle menus. Consultant in nutritional software. Provided nutritional education and assessments. Past or Present Associations: United Cerebral Palsy, HBA Corporation, Ft Lauderdale, Fl. Mid-America Food service, West Palm Beach, Fl., GA Food service, FL, Jewish Vocational Services, Miami.

College Program Director

August 1981 to June 1985. Program Director, Broward Community College, Fort Lauderdale, Florida Administered and taught the Dietetic Technician Program. Received grant monies to developed nutrition education films. Curriculum and Program Development: Food Preparation and Serving Techniques; Food Purchasing; Food Safety and Protection; Gerontological Nutrition; Long Term Care Dietary Regulations; Clinical Experiences in Dietetics; Dietary Department Operations; Nutrition Counseling and Education.

ADA approved experience

July 1979 to February 1981. Administrative and Clinical Dietitian, Holliswood Care Center, Hollis, N.Y. Coordinated the nutritional component of the dietary department. ADA approved experience.

Publications, Writings, Websites and Blogs

www.Weighing-Success.com Latest news on Nutrition, Health, Wellness, and Food Safety. Current information from the Food and Drug Administration. Articles on Lifestyle skills, including menu planning, portion control, food shopping, and more. A directory of nutrition educational resources.

Wellness Calendar. <http://wheelchair-connection.com/WellnessNews.html> Monthly, Weekly, and Daily up-dates highlight special events to promote awareness and responsibility in the areas of nutrition, health, food, culture, disability rights and many other causes and events. The calendar was created to inspire ideas.

Wellness News on Twitter. http://twitter.com/wellness_news Current news in nutrition, food, health, food recalls, safety, food savings, weight control, agriculture, legislation and disability rights.

Menu Solutions, over 300 modified recipes with therapeutic menus. Developed for the health care industry and consumer (household and quantity portions). A textbook to teach modified cooking and menu planning. Publisher: John Wiley, March 1996



Memberships and Awards (RD# 557436; License No. 0001739)

July, 2009. Recipient of Florida Dietetic Association 2009 Public Service Award for long-standing dedication and contributions to community nutrition.

American Dietetic Association

Florida Dietetic Association

Broward County Dietetic Association

Health and Nutrition Writers

Nutrition Education for the Public

Dietitians in Business and Communications

Healthy Corporate Foodies

Community Activities and Volunteer Work

2006-present **“Believe in your Dreams”** project. Employees disabled adults to assist with the Wellness Calendar.

1997-present Created non-profit web sites to provide resources, support and news.

1995-present Preparation of Cycle Menus with diet modifications for the Group Homes of Broward

2001-2003 Assisted in the feeding of indigent patients, Broward County, FL

1999-2001 Provided nutrition education, food and supplies to individuals with HIV/AIDS and their families, Broward County, FL

1984-1998 Delivered meals to the elderly, disabled, and blind, Broward County, FL.

1992-1994 The mother of the United Cerebral Palsy Poster Child, Broward County, FL

1988-1989 Ombudsman Council, Appointed by governor. Gave lectures on providing quality care to the elderly and disabled.

1982-1984 Florida International University Dietetics Advisory Committee

1981-1985 Broward Community College/Atlantic Vocational Advisory Committee. Created nutrition education videos

1979-1980 Worked with Senior Citizen Volunteers, Long Beach, New York

1978-1979 Taught nutrition to under privileged children, Roosevelt, New York.