

Food for Thought

OFFICIAL NEWSLETTER OF THE MONTANA DIETETIC ASSOCIATION (MDA)



this issue

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President's Message

Dear MDA members,

As devastating and tragic the Haiti earthquake was it did revitalize my belief in the power of volunteerism and charity. I am left in awe at the astounding level of support and resources shown to the people of Haiti. It also taught me about the vulnerable nature of change and how our lives revolve around it. I remembered a previous MDA speaker shared his thoughts on volunteerism and how member-based organizations and non-profits alike have responded to shrinking operating budgets and a more dynamic and tech savvy volunteer force. Today's volunteers want a more personalized volunteer experience that centers on effective communication and the ability to connect their personal values and benefits to their membership. So how can MDA rally behind this ever *changing* climate? How can we exceed member expectations and provide a rich volunteer experience? Is MDA ready for kind of change? It won't be easy especially in the face of dwindling resources. I trust that we can get there with perseverance, respect and vision for a better tomorrow.

Sincerely,
Susan Jordan MS, RD, CDE
MDA President

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Newsletter Mission



- Provide factual, informative, and interesting information.
- Provide insight and inventive ideas to people interested in dietetics in Montana.
- Promote healthful lifestyles through ideas and contributions.

PUBLIC POLICY WORKSHOPS!

Join in on 2010 ADA's Public Policy Workshops

The American Dietetic Association's annual Public Policy Workshop begins Monday, March 22nd. For the second year in a row, ADA will present the Public Policy Workshops online instead of in person.

The Public Policy Opening Session will air live online March 22nd at 3 PM mountain time. Following the opening session, seven live Webinars will be broadcast on Tuesday and Thursday afternoons at 1 PM Central (noon mountain time) over the next four weeks. The Public Policy Opening Session (1.5 CPEUs) is a great opportunity to join your ADA members across the nation and in your own community to hone your advocacy skills at an affordable price.

MDA members can participate in the Opening session in one of two ways: either attend one of 2 regional Kick-Off Parties or other group event or watch the live webinar presentation from the comfort of their home or office.

The Montana Kick Off Parties Schedule is as follows: These sessions are being sponsored by MDA and will be offered free to ADA members. Non-ADA members are welcome but will be charged \$19.00 these sites.

Billings MT, 3-6 PM at St Vincent Healthcare's Mansfield Center, Room B. Webinar viewing from 3-4:30 PM followed by time to socialize, enjoy refreshments and schedule legislator visits. If you plan to attend, Please RSVP to Ginny Mermel at mermelca@bresnan.net or call: 406-661-2542

Bozeman, MT: 2:30-5:30 at Bozeman Public Library, Small Conference Room, on East Main Street. Social time will start at 2:30; webinar will be from 3:00-4:30

The webinar will be followed by time to discuss legislative visits and strategies. Please RSVP if you plan to attend to Katie Bark at barksnmt@imt.net or call: 406-570-5980.

Seven Additional Public Policy Workshops

will be broadcast live on Tuesday and Thursday afternoons over the 4 weeks following the opening session, with each webinar worth 1.5 CPEUs. Webinars will be recorded and available via ADA's Web site at a later date. The recorded Webinar schedule will be published in *On the Pulse*

Live Broadcast Schedule

All Webinars will be broadcast from Noon-1:30 PM

- Thursday, March 25 - ADA Priority Areas, Stances and 2010 Messages
- Tuesday March 30 - Essentials for Success, How Government Works
- Thursday April 1 - Perspective from a State Administration
- Tuesday April 6 - Perspective from a State Legislature
- Thursday April 8 - Working with Congress and Developing Relationships
- Tuesday April 13th - Shape the Rules that Guide Our Profession
- Thursday April 15th - Learn How to Get Involved: Participate, Don't Wait!

Cost and Registration Fees

If you are viewing the webinars on your own, you will need to sign up for each webinar individually. The cost for an individual webinar registration is \$19.00. Site registration is \$89.00. If a site is registered, one person signs up and pays. The other participants can split the cost. If more than 5 MDA members participate in a group viewing session, the cost per session could be less than \$19.00 per person.



Mega Issues for Spring House of Delegates (HOD) Meeting

Issue #1 Management and Leadership Across Practice

Why Management and Leadership?

Management skills offer an avenue for professional development and opportunity for career ladder advancement with increasing years of experience. Management and leadership abilities ultimately benefit the entire profession of dietetics, as RDs and DTRs become more highly valued employees.

Discussion Activity – Talk with Your Delegate

Think of a leader (outside of dietetics) you admire. What are the skills and attributes that make that leader successful and admirable?

Think of a leader specifically in the profession of dietetics that you admire. What are the skills and attributes that make that leader successful and admirable?

Looking at the list of skills and attributes you identified for these leaders. Which skills and attributes are reflected in your colleagues within the profession of dietetics and which are missing?

Issue #2 Health and Nutrition Literacy

What is Health Literacy?

Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.

The Big Question

How can RDs and DTRs collaborate with others to optimize the health and nutrition literacy of the US population?

Connect with Your Delegate

Talk with your delegate about these issues in advance of the Spring 2010 HOD Meeting (May 1 and 2). To obtain the full backgrounder on “Leadership and Management Across Practice” and “Health and Nutrition Literacy”, visit www.eatright.org/HODMegalissues.

Delegate contact information:

Deb Jones, RD, LN - Montana Delegate

djones@stpetes.org

406 444-2115

Healthcare Reform: Contact YOUR Legislator!

*Remember to contact your U.S. Congressman for national issues,
and your State of Montana Legislator for State issues.*

The Honorable Max Baucus
United States Senate
511 Hart Senate Office Building
Washington, D.C. 20510-2602
Telephone: 202-224-2651
Fax: 202-224-9412
<http://baucus.senate.gov/>
“Dear Senator Baucus,”

For Montana Legislature
Members, visit:
<http://leg.mt.gov/css/default.asp>

The Honorable Jon Tester
United States Senate
204 Russell Senate Office Building
Washington, D.C. 20510-2603
Telephone: 202-224-2644
Fax: 202-224-8594
<http://tester.senate.gov/>
“Dear Senator Tester,”

The Honorable Dennis Rehberg
United States House of Representatives
2448 Rayburn House Office Building
Washington, D.C. 20515-2601
Telephone: 202-225-3211
Fax: 202-225-5687
<http://www.house.gov/rehberg/>
“Dear Representative Rehberg,”



Save the Date!

Outstanding MDA Conference *in the Works for 2010!*

Your dedicated MDA conference planning committee is busy planning exciting educational and networking opportunities for the 2010 Conference. The meeting will be on June 10th, and 11th at Hilton Garden Inn in Billings. (This hotel is on-board with the Healthy By Design Program from Riverstone Health, which promotes healthful and environmentally-sound options for events and meetings.) We will also be hosting an evening social for networking and awards with presentations from our affiliates that helped bring us the Lazy Leader Road Show last October - Eat Right Montana, Montana Breastfeeding Coalition, and Billings MDA. We will be sending members email updates and you can get further details by becoming and MDA fan on facebook!

The program promises to have something for everyone - with outstanding national speakers (several of whom are donating their fee to MDA) and several of our own amazing MDA dietitians will also share their knowledge. Our confirmed speaker panel includes

- **Ronni Chernoff, PhD, RD**, former ADA President and internationally-known expert on nutrition and aging, currently Associate Director for Education and Evaluation of Geriatric Research Education and Clinical Center (GRECC), University of Arkansas, College of Medicine, Little Rock, AR.
- **Caroline Steele, MS, RD, CSP, IBCLC**, Clinical Nutrition and Lactation Services, Children's Hospital of Orange County, CA. Caroline is an award-winning, extensively-published expert on breastfeeding and neonatal nutrition. In addition to sessions at the MDA meeting, she will present a pre-conference workshop on **Implementing the Baby Friendly Initiative** in Montana Hospitals.

Montana RDs Celebrate HEALTHY FOODS HEALTHY LIFESTYLES HEALTHY ENVIRONMENTS

This session is sponsored by the Montana State Breastfeeding Coalition. She will present to MDA on **Pediatric Nutrition Assessment and Breastfeeding Hot Topics**.

- **Lori Sigrist, PhD, CSSD, RD**, Program Director for US Army graduate dietetic programs through Baylor University in Texas. Lori has done research at Army's Natick Lab (MA) and will **present research using the Internet and PDA for weight management programs, as well as career opportunities for dietetics professionals in the Armed Forces**.
- **Kate Willcuts RD, CNSD**- Assistant Clinical Nutrition Manager and co-director of the surgical nutrition support team at the University of Virginia hospital. She has been the president of the Virginia Society of Parenteral and Enteral Nutrition and is currently pursuing a Doctorate in Clinical Nutrition. She will be presenting **The Ins and Outs of Enterocutaneous Fistulas**
- **Dayle Hayes, MS, RD** President of Nutrition for the Future, Inc and Recognized MDA Leader will present **It's All About Trends: What the Future Holds for Food, Health, and Healthy Lifestyles**
- **Lynn Paul EdD, RD** Professor, MSU Extension Food and Nutrition Specialist and Recognized MDA Leader will present **Registered Dietitians Growing Impact on**

Making Worksite Wellness a Success

- **Krystie Nelson RD, CNSD** will be **presenting on nutrition support in the acute care setting**.
- **Billings Clinic Clinical Nutrition Team** will **provide a hands on workshop for using the Nutrition Care Process**. **Public Policy Committee will be providing us with a valuable presentation-** What's in It for Me? And Why Should I Care?

Western Dairy Association and the Montana Beef Council will be sponsoring speakers that are to be determined.

Come for the meeting ... stay for the fun!

During the weekend of June 12th and 13th, 2010, Billings will host numerous fun family events, including the Heart and Sole Run (a variety of races) and the downtown Strawberry Festival.

This Quarter's Quote

"Those that will, can." - *Unknown*



National Nutrition Month® 2010
American Dietetic Association

www.eatright.org

Are you a Registered Dietitian or just **interested in nutrition** and looking for **networking opportunities** or **CEU** credits?

The **Billings Montana Dietetic Association (BMDA)** is a local chapter of the Montana Dietetic Association (MDA) and has the capability to reach almost anywhere in Montana & Wyoming via phone/video conferencing.

Examples include Helena, Bozeman, Butte, Crow Agency, Miles City, Culbertson

We are proud to offer the following:

Monthly journal club and peer-expert led discussion. Takes place on the 3rd Tuesday of the month from 11am-1pm.

Some of the topics this year include:

- Demystifying Fats
- Gluten free eating
- WIC update
- Pregnancy & Lactation
- Childhood Overweight Trends
- Vegetarian Diets/Disease Prevention

Quarterly Events are combined with a pot-luck dinner from 6-8pm on the 2nd Wednesday of the quarter.

- April: Wellness/Child and Teen Eating Disorders; Sports Nutrition.
- July: Diabetes Insulin Pumps/Sensors; Update on Hunger programs
- October: ICU Nutrition

Community Events BMDA values giving back to the community, and participates in at least one large community event each year.

Fee is \$25 for the annual registration (\$10 for students and retired individuals). Potential for up to **28 CEUs** per year, depending on your level of participation. Annual re-enrollment is from February 15th through April 15th 2010.

If you don't want to become a member you can still attend the events you would like and only pay **\$15 per event**

If you are interested in joining a fun group of people who want to learn, contact us at nutrition@billingsclinic.org.

or

visit our website: <http://mda-billings.weebly.com>.



Message from your President-Elect

Hello MDA Members –

I am excited to invite you all to our 2010 MDA FNCE in Billings on June 10-11, 2010. Your peers have done an excellent job planning a diverse event filled conference. We will be having several keynote speakers and our breakout sessions will be divided into wellness or clinical topics since these were the most requested topics in last spring's survey! The board has been working very hard this winter on getting bylaws updated, taxes submitted, and many great projects so we are ready for the new election year. Please consider running for office next year, we would love to have you!

If you want to get involved or just have a few conference ideas shoot me an email, bhallrd@gmail.com. See you in June –
Beth Hall, MDA President Elect

Food For Thought—Winter 2010



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HELENA, MT 59601

In This Issue

The Public Policy workshop is coming up!

As always, if you have ideas, thoughts or would like to submit an article for the next newsletter, contact

Kim Pullman, Newsletter Editor,
kpullman@mt.gov.

"Food for Thought" is the Montana Dietetic Association's quarterly newsletter. Members may receive this newsletter electronically via MDA's listserv, or by mail.

Deadline for submissions
for the next issue:
May 1, 2010

Quarterly Publication Dates:
February 28
May 30
July 30
November 30