

AMB West Philanthropies

The AMB West Philanthropies team is a group of individuals that guide non-profits and their attendees through adventure based and leadership activities. The panel is made up of collaborative professionals that work as leaders to change health and wellness in the Livingston and Park County.

Judy Barbe, MS RDN

Judy Barbe's (pronounced BARB) interest in food started early. She realized later that her enthusiasm was unique: most 10-year-olds don't pore over the Betty Crocker Cookbook for a slumber party menu... she served ice cream-stuffed cantaloupe.

She has been exploring food ever since. She is the author of two books: *Your 6-Week Guide to LiveBest*, *Simple Solutions for Fresh Food & Well-Being* and *LiveBest Seasonally* and is a long-time regional newspaper columnist

Judy is past chair of the Academy of Nutrition and Dietetics Food and Culinary Professionals dietary practice group and current member of the House of Delegates.

She delivers food, nutrition and health information through digital, television, radio, and print publications. Her recipes and recommendations have been featured on many sites including CookingLight.com, ReaderDigest.com, Prevention.com,

You can connect with her on Instagram and Twitter @JudyBarbe and visit her blog and website www.LiveBest.info.

Anna Bartholemy- BS

Anna Bartholemy is from Portland, OR and attended Oregon State University for her bachelor's degree. Prior to her schooling, she worked as a volunteer teaching English in Ghana, China, and Costa Rica for a year. In her free time, she enjoys running, being a part of local politics, and spending time with fellow interns Emily and Juliette.

Lindsay Birchfield, MS, RD, LDN, CD

Lindsay's formal education defines her as a Registered Dietitian, but she prefers to identify as a health activist. Lindsay is committed to undoing the dehumanizing and fatphobic legacy of diet culture. She strives to work in partnership with her clients to help clarify an authentic and intuitive sense of their own ideas of health, nourishment, and recovery. Areas of specialization include disordered eating across age and gender identities, nutritional healing following gastric surgeries, weight-neutral interventions for diabetes and PCOS, food aversions, food-related trauma, and exposure therapy. Lindsay's therapeutic style is marked by a suspicion for judgement and generalizations, and a respect for the power of curiosity, empathy, and humor to bring out the healthiest parts of ourselves.

Marci Butcher, RD, LN, CDE

Marci Butcher is a former Montana Recognized Dietitian of the Year and recently served as the 2017 National AADE Diabetes Educator of the Year. She is honored to be representing the incredible work of the diabetes educators and the work of the MT Diabetes Program. Marci has been a diabetes educator for all of her 28-year career, with the past 19 years working for the MT Dept of Public Health and Human Services, Diabetes Program. Prior to that, she was a county dietitian and diabetes educator in Hardin, a diabetes educator at St Vincent Hospital in Billings, and worked for a physician and started a diabetes education program in Plentywood. She now helps develop diabetes educators and diabetes education programs across Montana, and also leads a statewide group working on diabetes care in Montana schools. Marci started the AADE Diabetes Prevention Community of Interest, and currently serves as a national co-leader for the group. Her husband has type 1 diabetes, and together they love to hike the mountains and fish the rivers of Montana.

Nicole Cirilli, BS

Nicole Cirilli is a New Jersey native, former Vermont resident, and current Missoula transplant. She achieved her bachelor's degree in Dietetics, Nutrition, and Food Science from the University of Vermont. The social atmosphere and energetic local food movement ignited Nicole's passion for sustainability and prompted her to consider a country with a modern decentralized food system. Nicole believes that eating is a common and ethical act that involves agriculturists, ecologists, nutritionists, culinary artists and economists alike. Her clinical interests involve chronic metabolic diseases, gastroenterology, and nutrition counseling. She tries to weave big-picture perspectives and principles of sustainability into everything she does as a future dietitian and food expert.

Anna Diffenderfer, MS, RDN, LN

Anna Diffenderfer, MS, RDN, LN, accepted the position as Assistant Director of the Montana Dietetic Internship (MDI) Program in May 2016. Anna has a M.S. degree in Sustainable Food Systems from Montana State University (MSU) and an undergraduate degree in Business Administration with an emphasis in Marketing from California State University, Chico. While finishing her graduate degree in 2014, Anna also completed an internship with the Montana Dietetic Internship Program at MSU. Prior to being the MDI Assistant Director, Anna was with MSU Extension as the Strong Hearts for Montana Project Manager funded by an NIH (RO1) grant in collaboration with Cornell University. She also worked as the Program Leader for the undergraduate program in Sustainable Food and Bioenergy Systems and taught several of the related courses. Anna has experience in clinical nutrition, online nutrition and health coaching, community nutrition education, farm marketing and operation management, restaurant and foodservice management, and has been actively involved with county and statewide local food initiatives.

Marcy Gaston, MS, RD, LN, CD earned a M.S. degree in Sustainable Food Systems from Montana State University in 2014 and became a registered dietitian in 2015 after completing her internship at Good Samaritan Hospital in Cincinnati, Ohio. Prior to MSU, Marcy attended Miami University in Oxford, Ohio where she received a bachelors degree in English Literature and also attended the Illinois Institute of Art at Chicago where she studied culinary arts. While at MSU, Marcy facilitated the operation of a mobile farm stand, the Community Food Truck, and worked on a project promoting the use of lentils around the state of Montana. Over the years, Marcy has worked as a chef, clinical dietitian, and food writer. Before taking a position at MSU, she worked as a private practice dietitian on Whidbey Island outside of Seattle offering nutritional counseling, cooking classes, and private chef services. Most recently she accepted a position as a faculty member in the new degree program at MSU, Hospitality Management, where she teaches courses in culinary arts and basic cooking classes, food safety, food service management, and sustainability. Marcy has experience teaching hands-on cooking skills, writing and developing recipes, gardening, and promoting specialty crops like lentils.

Savanna Goelz, MS

Savanna Goelz is a MDI intern who grew up on a dairy farm in Minnesota where she discovered her love for agriculture, sustainability, and nutrition. She obtained her undergrad in nutrition and dietetics at the College of St. Benedict in St. Joseph, MN. From there, she pursued her master's degree in human nutritional sciences at the University of Wisconsin—Stout. Her upbringing and personal experiences as a runner in college inspired her passion for Health At Every Size, intuitive eating, and challenging the conventional model of health.

John Gregory

John Gregory has worked at Community Health Partners for two years. He is the Director of Learning Partners. Learning Partners is a collection of educational programs that address the root causes of poor health. Those programs include a parent education, home-visiting program called Parents as Teachers; an adult education program for people without a high school diploma and a support program for families living in poverty. In his distant past, he earned a degree in mechanical engineering and more recently an elementary education certificate. He is a husband of 25 years and a father to two teenagers: a daughter in high school and a son in college. He has lived in Livingston for over twenty years. Every day he delights in and is challenged by CHP's mission to "enhance community health and well being."

Emily Gresh, BS

Prior to moving to Montana in July 2018, Emily grew up and lived in Blacksburg, Virginia at the foothills of the Blue Ridge Mountains. She graduated from Virginia Tech University with a B.S. in Marketing and a B.S. in Human Nutrition, Foods, & Exercise. Emily had the chance to work with communities in Appalachia that face inadequate opportunities and neglected nutrition which developed her passion for

improving access to proper health education, preventative health services, and ultimately social justice. Montana's natural beauty, passionate and extraordinary MDI directors, and progressive outlook on emerging public health issues is what drew Emily to the Montana dietetic internship.

Aidan Gustin, BS

Aidan Gustin was born in Denver, Colorado, and moved to Bozeman, MT in the fall of 2013 to pursue a college education. With a passion for skiing and the outdoors, Bozeman was a perfect fit. After 1½ years pursuing a degree in business, Aidan switched his major to Food and Nutrition with a concentration in Dietetics. Aidan was diagnosed with type-1 diabetes at the age of 12 and has always had an interest in people's relationship with food and how it impacts their health. Since then he has grown passionate about helping others manage their diabetes. After completing his internship and gaining his RDN, Aidan hopes to eventually become a certified diabetes educator and help people better manage their diabetes, inspiring individuals to live a fulfilling life and achieve their goals.

Jonathan Heppner, BS

Jonathan Heppner grew up on a farm in Plentywood, Montana. He graduated from Montana State University in 2017 with a bachelor's degree in Food & Nutrition with the Dietetics concentration. After graduating, Jonathan took a year off and worked at Bozeman Health and volunteered at the Gallatin Valley Food Bank in Bozeman. Jonathan pursued the Montana Dietetic Internship program and is finishing up the program to become a RD. Ever since he had been helping with growing crops on the farm and taken a few health courses in high school, Jonathan has always had a passion for wanting to promote public health but was not sure of what he specifically wanted to do in the field until he got the idea and motivation from having a conversation with his mother about becoming a RD. As a RD, Jonathan plans on working in the community and collaborating with schools in improving their meal programs and promoting school nutrition and locally grown food.

Serena Hodges-Jolley BS, DTR

Serena is a dietetic intern with Montana State University dietetic internship and soon to be dietitian. She is currently a registered dietetic technician and state licensed massage therapist. Her fascination for the human body is fueled by her family's background in the sciences, particularly the medical field.

Jordan Howard, BS

Jordan is a Montana State University graduate and Montana resident who, despite spending much of her childhood out-of-state and out of the country, has always considered Montana her home. Her interest in the field of nutrition began with a desire to fuel her body as an endurance athlete. As an aspiring Registered Dietitian, her interests have since expanded to medical nutrition therapy and its role acute care, as well as in the prevention and management of various disease

states. Upon graduation from MDI, she hopes to stay near her family in Montana and serve as an in-patient clinical dietitian.

Kennedy Johnston, BS

Kennedy Johnston is a Los Angeles native who traveled to the Mountain West states of Montana and Wyoming in order to finish her dietetic education and hone her passion for sustainability in food systems. She graduated from California State University, Northridge with a Bachelor of Science in Family and Consumer Sciences emphasizing Nutrition and Dietetics. She hopes to one day use her food and nutrition knowledge to help re-connect people with their food system and elevate the health of the general public through education on cooking skills and low-waste consumption.

D. Coleen Kaiser, MS, RDN, LN, accepted the position as Director of the Montana Dietetic Internship (MDI) in August 2010. Coleen has a M.S. degree in Health & Human Development: Foods & Nutrition from Montana State University (MSU) and an undergraduate degree in Community Health with an emphasis in Nutrition from the University of Minnesota. After graduating from MSU in 1999, Coleen completed an internship at Emory University Hospitals in Atlanta, GA. Prior to being the MDI Director Coleen was with MSU Extension as the State Coordinator for the SNAP-Ed and EFNEP low-income nutrition education programs. Coleen was awarded the 2015 Montana State University Firefly Award of Excellence for demonstrating innovation, providing positive student learning experiences, and leadership distinguished by role modeling in a professional capacity. She was also selected for the 2016 Area 1 Academy of Nutrition and Dietetics Outstanding Dietetic Educator Award for a Dietetic Internship Program in Dietetics. She accomplished an eight-month training in Developing Excellence in Academic Leadership (DEAL), earned a certificate of completion for Crucial Conversations training and completed the College of EHHD Leadership Institute course titled Leading with Y.E.S. Coleen has a varied background in dietetics; she has been fortunate to work in the areas of nutrition related research, clinical nutrition, community nutrition education, and owned and operated restaurants in Sacramento, California. She and her husband are both Montana natives and feel fortunate to have raised their three children in the “Last Best Place”!

Juliette Khoshrozeh, BS

Juliette Khoshrozeh was born and raised in Southern California. Prior to the internship, she worked on an organic fruit and vegetable farm, which sparked her interest in sustainability. She believes that the wellbeing of our environment is the only real path to the future, so she hopes to promote healthy living for our bodies and our planet!

Taylor Lopez-Cepero, BS

Taylor Lopez-Cepero is an MSU Dietetic Intern who has completed her rotations in Great Falls, Montana. She went to the University of Northern Colorado and graduated in 2017 with a Bachelor of Science in Dietetics. Her main interests are sports nutrition, public health and complementary and alternative medicine.

Donna S. Martin, EdS, RDN, LD, SNS, FAND

Martin represented the Georgia Academy of Nutrition and Dietetics in the Academy's House of Delegates; is a member of the School Nutrition Association Foundation's board of directors; and served on the Georgia Department of Education's Task Force on Nutrition Standards for School Nutrition Programs. She served as the Academy's treasurer-elect in 2012-2013 and treasurer in 2013-2015. She is the Immediate Past-President of the Academy of Nutrition and Dietetics.

Colton McCracken, BS Health Sciences w/ Nutrition focus

Colton graduated from Keene State College in 2018 with a B.S in Health Science. He sprouted from Northern Vermont and is interested in community nutrition efforts. He conducted a Senior Thesis on food insecurity/ sustainability and has many years of experience in journalism & childcare. His hobbies include photography, running, hiking, skiing and meeting new people.

Brittany Moats, BS

Brittany is a Miles City Montana native, embracing her love of food and passion for helping others through her future career as an RD. She has an interest in pediatric nutrition but has found herself loving working with any population. Her mission is to help shape healthy individuals and families while spreading her love of nutrition to everyone she meets.

Riley O'Connor, B.S.

Riley O'Connor is finishing up her dietetic internship at Montana State University. She graduated from Michigan State University with a B.S. in Dietetics in May 2018. She intends on taking the RD exam over the summer, and eventually earn her graduate degree in Public Health or Sustainable Food Systems.

Ashlee O'Dell, BS

Ashlee was driven into the field of dietetics by an interest in preventing chronic disease via a healthy lifestyle. Her focus, post clinical rotation, was in outpatient rehab, where she was guided by a seasoned dietitian. During the experience she led grocery store tours, facilitated cooking classes, engaged wellness support groups, and provided one on one nutrition counseling. Ashlee believes the key to blissful longevity is a diet rich with whole foods and frequent enjoyment of dark chocolate.

Jessie Orrino, BA, BS

Jessie is a Montana native from Anaconda. She has a Bachelor of Arts in Community Health Science from Carroll College and a Bachelor of Science in Dietetics from the University of Northern Colorado. Jessie is a CrossFit gym owner and has a passion for sports nutrition, child and adolescent nutrition, and eating disorders.

Jenna Ray, BS

Jenna grew up in a suburb of metro Detroit during which nutrition was of little interest until high school. She began to understand the role food plays in athletic performance, overall health and longevity in an anatomy/physiology course. She continued her education by getting her Bachelor of Science in Dietetics after four years of undergraduate studies at Michigan State University (MSU). During her time at Michigan is when her interest in this topic first started. Jenna was fortunate enough to attend FNCE in Nashville her junior year with her dietetics club. During this conference there was a presentation discussing medical marijuana in the field of dietetics. Not only was the content interesting, she found it intriguing that the Academy was presenting a relatively controversial topic in a positive manner and hopes to do the same today.

Lynette Rodi, MA, LCPC, LAC, CCFP

Lynette Rodi is a Licensed Clinical Professional Counselor, Licensed Addiction Counselor, and Certified Compassion Fatigue Professional based in Livingston, MT. For more than two decades, Lynette has worked as a therapist in many different clinical settings in Florida, Hawaii, and Montana. In recent years, Lynette's attention has turned to supporting the work of professionals and paraprofessionals on the "front lines" of the helping and healing professions. She currently works nationally as a consultant to businesses as diverse as small non-profits to a Fortune 200 company supporting employee well-being in the areas of Compassion Fatigue, Mindful Leadership, and Clinical Supervision.

Mackenzie Sachs, BS

Mackenzie Sachs is an MSU Dietetic Intern. She graduated from the University of Wisconsin-Madison with a Bachelor of Science degree in dietetics and a minor in public health. She has just finished her rotations based in Great Falls. Upon completion of her internship, she will take the credentialing exam and begin her practice as an RD.

Haley Schroth, B.S.

Haley Schroth, a dietetic intern at Montana State University, graduated from the University of Northern Colorado in Greeley with a Bachelor of Science in Dietetics and a minor in Business Administration. Her passion for helping people thrive in health and wellness has led her to her career in dietetics and she hopes to one day use this background to open her own private practice where she can counsel people and assist them in achieving their health and lifestyle-related goals. She also believes that sustainability is an integral part of dietetics and

wants to implement sustainable food practices into communities and institutions across the country.

Shannon Schwarzinger, BS

Shannon Schwarzinger is a Dietetic Intern, who graduated from Montana State University. She grew up in Poland and Germany until she was 18, where she moved to Montana and has grown a passion for strength training and nutrient utilization for performance. After being diagnosed with Lyme disease and Celiac she has had personal experience with food limitations, the psychological stressors, and the valuable impact that something as simple as food can have on an individual's life.

Madeline Simmel, BS

Maddie Brown grew up in Missoula, MT in a household that encouraged a healthy lifestyle and sparked her love for food. While pursuing her degree in Food and Nutrition at MSU, she worked on The Body Project. The Body Project's purpose was to help stop the internalization of the cultural thin-body ideal and perpetuate body acceptance. This presentation is a continuation of her interest of weight stigma within society and how it specifically impacts well-being.

Angie Tagtow, MS, RD, LD

Angie Tagtow is the founder and chief strategist of Äkta Strategies, a consulting firm that designs authentic solutions for systems change. She has more than 25 years of experience working at local, state, federal, and international levels in agriculture, food, and nutrition policy; public health; and food and water systems.

In 2014, she was appointed by President Barack Obama to serve as the Executive Director for the USDA Center for Nutrition Policy and Promotion in which she co- led the development and launch of the *2015-2020 Dietary Guidelines for Americans*.

Angie is a registered dietitian and has served as a Senior Fellow and Endowed Chair at the Minnesota Institute for Sustainable Agriculture, University of Minnesota College of Food, Agricultural and Natural Resource Sciences and as a Food and Society Policy Fellow with the Institute for Agriculture and Trade Policy. She was the founder and CEO of a successful consulting firm, she co-founded a non-profit focused on health and food systems and formed a statewide community of practice that promoted evidence-based strategies to increase access to healthful food.

Angie has served in professional leadership positions within the Academy of Nutrition and Dietetics (AND), Iowa Academy of Nutrition and Dietetics (IAND), Society for Nutrition Education and Behavior, and the American Public Health Association. In addition to launching the *Journal of Hunger & Environmental Nutrition* in 2005 in which she served as the managing editor for 11 years, she has published numerous peer-reviewed articles and book chapters. Angie has

received numerous awards that recognized for her leadership and professional contributions to nutrition, public health and food systems.

Angie is a graduate of the University of Northern Iowa and Iowa State University.

Danielle Tainer, BS

Danielle Tainer is a dietetic intern with the Montana Dietetic Internship. She is passionate about sustainable food systems and has conducted a variety of research projects on the subject. These projects include an original research study that looked at repurposing food scraps to reduce food waste as well as a Ted Talk style video that shed light on food irradiation and how the technology can contribute to a sustainable food system. Alternative protein sources is an emerging topic that warrants investigation. Here Danielle will share current research on the topic and evaluate the impacts on our food system.

Stephanie Tarnacki, BS

Stephanie Tarnacki graduated from University of Northern Colorado with a Bachelor of Science in Dietetics. She has spent time travelling throughout the United States and New Zealand working on organic farms and in several National Parks. She is interested in Farm to School Programs, establishing nutrition education for public schools and teaching sustainable living.

Brooke Wilson, BS

Brooke Wilson is a native Montanan and was raised in the Flathead Valley. She completed her Bachelor of Science in Food and Nutrition at Montana State University in 2018. She has a passion for working in community settings with pediatric populations and making a difference for individuals and families. She is also passionate about advocating the RD's role on the healthcare team. She is presenting today on the interdisciplinary team approach to implementing the International Dysphagia Diet Standardization Initiative in clinical settings.