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President's Message—Goals, Name Change, and More

Hello MDA! I would first like to thank you for allowing me to serve you and our amazing organization this year! So far, my term as President has been a whirlwind! It started with a great MDA FNCE in Bozeman – your evaluations of the program were great. I enjoyed attending FNCE in Houston, where there was a good turn out of Montana dietitians. It was fantastic to be able to help Dayle Hayes celebrate her Medallion Award; we have a true treasure in Dayle!

I would like to take this opportunity to share with you my goals for this year. My first goal is to get out a vote to the MDA membership on possibly changing our name to align with the Academy of Nutrition and Dietetics. The MDA Board of Directors is fully in support of a name change to Montana Academy of Nutrition and Dietetics, but we want to hear your opinion on this as well, so be looking for a vote on this soon. With a potential new name comes a new logo! Our Student Liaison to the Board, Stephanie Johnson, has come up with 2 new potential logos if we choose to adopt a new name, so you will get to vote on those as well.

My next goal for our organization is to update our policies. This is a project I have wanted to tackle since I was the Treasurer for MDA almost 5 years ago, and am anxious to see it come to completion over the next year. This project is very important to align our policies with current practice. This would ensure we are in compliance with the Academy, and also improve fiscal responsibility of our organization.

My last goal is to implement a scholarship for the Montana Dietetic Internship. We have several Board and MDA members who have taken an active role in this. I am hopeful that we are able to see this project come to fruition by May of next year.

If anyone is interested in helping with any of these projects, we would love the help! If you have any other questions, concerns, or suggestions, please do not hesitate to contact me.

- Tami Waite, MDA President, twait@billingsclinic.org



Tami Waite and Beth Hall meet celebrities at FNCE



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.

Montana's Internship: Delicious Skills

In August, the Montana Dietetic Internship welcomed 18 new students to the program with an intensive three-week orientation on campus. The diverse group has students from seven states, besides Montana, three men and one Native American student. During orientation, the interns attended workshops on personality typing; food service in rural communities; cooking demonstrations from Deb Jones, the director of nutrition services at St. Peter's Hospital in Helena; and information on Farm to School, presented by former MDI intern, Jennifer Montague, food service director at Kalispell Public Schools (pictured next page).

Once orientation was complete, the interns began their rotations, working with preceptors (mentors) around the state to become registered dietitians.

One of the first rotations for nine of the interns was to host two tasting lunches using produce from the MSU Towne Harvest Garden. Faculty and staff from the College of Education enjoyed the offerings in Herrick Hall's foods lab. They also hosted tastings at two other locations—Livingston Food Pantry and the Belgrade Senior Center. The sustainable food rotation is unique to the Montana Dietetic Internship; other dietetic programs in the United States do not offer a concentration in this area.

-Coleen Kaiser, MDI Internship Director,
coleenk@montana.edu

The sustainable food rotation is unique to the Montana Dietetic Internship



Left to right: Interns Emily Smith, Dennis Ball, and Kelsey Conrow.

MDI Intern Madelyn Valu with preceptor & MDA Delegate Deb Jones in the background

Tools for the New Healthcare Model

As members of the Academy of Nutrition and Dietetics, you have access to 6 great new resources to assist us in our practice in the new healthcare model. Our colleagues around the country have been working very hard to get us the tools we need to practice in the future.

Check these resources out on the Academy website or contact your delegate to obtain these fact sheets.

- ANDHII Fact Sheet
- Evidence Analysis Library HOD Fact Sheet
- Nutrition Care Process Fact Sheet
- Resources to Assist RDNs with the Business of Medical Nutrition Therapy Fact Sheet
- Nutrition Services Delivery and Payment Resources Fact Sheet
- Electronic Health Records Toolkit Fact Sheet

Delegate's Report—Fall 2013 Meeting Outcomes

The House of Delegates (HOD) conducted a dialogue on Nutrition Services Delivery and Payment on October 18-19, 2013. During the meeting, the House of Delegates completed the following activities:

1. Identified key stakeholders and their needs as it relates to delivery and payment models;
2. Identified a number of gaps to address the issue;
3. Identified opportunities to close the gaps; and,
4. Identified actions that members and the Academy can do to address this critical issue facing the profession.

Three HOD motions were prepared for discussion and voting by the House of Delegates:

Motion #1—Request Coding and Coverage Committee and the Legislative and Public Policy Committee to collaborate in developing an action plan for members and the Academy.

HOD Motion #2—Request assistance from ACEND, CDR, NDEP and the Committee on Professional Development:

HOD Motion #3- requests the creation of a communications and marketing plan for members

to use which is focused on students, employers, legislators/policy makers, consumers and other stakeholders.

The three motions were posted to the HOD Communications Platform on Thursday, October 24 for action by delegates. The HOD Leadership Team is also working on several follow-up items of this meeting which include:

- Providing CPE for the HOD Backgrounder for members to access and to enhance their knowledge on the topic.
- Creating three YouTube videos using the three content experts that spoke during the Fall HOD Meeting so that members can benefit from the information provided.
- Collaborating with staff teams to develop a webinar for all Academy members to utilize on the topic and to increase their knowledge for implementation in their practice settings.

Watch for further updates on this Fall HOD Meeting topic. Please feel free to contact your delegate to learn more.

- Deb Jones, RD, MDA Delegate, djones@stpetes.org

<http://www.eatright.org/Members/>



MDA Needs You! Board Positions & Nominations

The Montana Dietetic Association is looking for exceptional practitioners to run for office! Holding a position on the board can be a great addition to your knowledge and professional experiences. Here are the positions we have available this year (**see descriptions for each position at right**):

- President-Elect (3 year commitment, one as president-elect, one as president and one as past-president)
- Treasurer (2 year commitment)
- Delegate (3 year commitment)
- Member At Large-2 positions open-(2 year commitment)
- Nominating Committee Member- 2 position open-(2 year commitment)

Recognize a colleague for outstanding work performance by nominating them for an award! The following awards are given to one individual each year:

- Recognized Dietitian of the Year (>35 yrs of age and active participation in dietetics, health & nutrition)
- Recognized Young Dietitian (≤35 years of age)
- Emerging Dietetic Leader

For more information, please contact a Nominating Committee member:

- Chris Emerson, cemerson@mt.gov
- Chris Fogelman, cfogelman@mt.gov
- Stacey Lamb, lavoie.stacey@gmail.com

Eat Right Montana and Action for Healthy Kids Recognizes MDA's 2013 Health Hero Winners

Jennifer Montague

Ms. Montague's contributions in the two years she has been the Food Service Director with Kalispell Public School (KPS) have helped improve the health of the area both in a dietary sense as well as an economic one. Before she joined the program, none of their food was purchased locally, and little was made from scratch.

Jenny has seen to it that in this year alone KPS has purchased \$65,000 in locally grown or locally processed items. Kalispell Food Service Program has become the top institutional purchaser of the Western Montana Grower's Cooperative, and all beef patties served are made from local Montana beef. In addition to changing the face of school food at KPS, Jenny has spearheaded the start of a Summer Food Service Program (SFSP).

Mary Pittaway

Ms. Pittaway is the Director of Nutrition Services at the Missoula City-County Health Department. Her efforts towards advocating for healthy nutrition for all ages are endless; and she takes a special focus on nutritional health for individuals with disabilities. Mary consults for Special Olympics International, serving as a Global Clinical Advisor for Health Promotion and Bone Health. She has been involved in public health for 30 years.

Mary has organized many successful public health initiatives like Missoula's Garden City Harvest Project, the Montana WIC Farmer's Market Program and the Farmer's Market Nutrition Program for seniors, Early Start for a Healthy Heart, and Multi-Generational Osteoporosis Prevention, Screening and Referral Program. Mary has also recently written and Missoula has subsequently received, a CHAMPS grant for FRAC's Afterschool and Summer Meals Program to help decrease hunger in the Missoula community.

Congratulations to the MDA winners on your well-deserved award!



MDA Needs You!

Continued from article at left. All positions perform other duties as directed by the BOD:

President-Elect -Has served as a member of the Board for at least one year, serves as a voting member of the BOD and oversees the planning and coordination of the annual meeting. Performs functions of President in absence of the President, and plans projects for the presidential year.
Treasurer- Serves as a voting member of the BOD, chair of the Finance Committee, has custody for all funds and securities of the Academy, keeps and reports all financial reports, ensures annual filing of taxes, and acts as the Academy Foundation State Fundraising Chair.

Delegate- A former officer of MDA, serves as a voting member of BOD and attends all meetings, represents Montana at the Academy House of Delegates and actively participates, communicates all important business and issues to the BOD, has a working knowledge of the bylaws of the Academy and of MDA.

Members at Large (2) - Serves as voting members of the BOD. No previous experience on the board is required; these positions may be subcommittee/task force liaisons to the BOD.

Nominating Committee (2) - Serves on the BOD for one year and as the Chair of the Committee in the second year. This position can't run for another MDA office while serving on this committee. Ensures that nominees meet the requirements to run for office and official ballot complies with MDA policies and procedures.

Recognized Dietitian of the Year (RDY) - Nominees will demonstrate active participation in the national, state, or district association. They will have demonstrated concern for the promotion of health & nutritional status of the population, and leadership in the Academy, community or employment.

Recognized Young Dietitian of the Year (RYDY) - Nominee must be 35 years or younger as of April 1; must show active participation in the national or state association; must have not been previously selected as an RYDY; must have demonstrated concern for the promotion of health & nutritional status of the population; and must have demonstrated leadership in the Academy, community or employment.

Emerging Dietetic Leader - Nominee will have not less than 5 years and not greater than 10 years of practice experience; active participation in state, national or district associations for at least 5 years; must have not previously been selected as RYDY or RDY; must have demonstrated concern for the promotion of health & nutritional status of the population; leadership in the Association, community or employment.

Consumer Protection & Licensure Should You Submit a Complaint?

News from MDA's Consumer Protection Coordinator (CPC)

As MDA's Consumer Protection Coordinator (CPC), I attended the Academy's first Consumer Protection and Licensure Summit October 18-19 in Houston, TX. The summit provided excellent opportunities to discuss licensure and consumer protections issues with CPCs and others from various states. While continuing its support and assistance regarding licensure, the Academy intends to consider consumer protection issues across all organizational units. The roles and responsibilities of the CPC were explained by Juliana Smith, Director of the Academy's new Consumer Protection and Licensure Subcommittee (CPLS). She stated that the CPC is the affiliate's leader regarding consumer protection and licensure and that the CPLS is a resource to us. Although I was aware of licensure as a business credential for RDs, licensure will become increasingly important as healthcare reform expands. I learned about the importance of maintaining RD membership on the state licensure board, and the essential need to report harm and other violations of licensure statutes. Compared with other states, Montana is in an excellent position since our statute mandates an RD as a member of our licensure board, the Board of Medical Examiners (BOME).

Licensure Will Become Increasingly Important as Healthcare Reform Expands

We are truly indebted to our colleagues who gained licensure for RDs in 1987 and for the quality of our licensure law. Participants at the Summit shared stories about their efforts to secure licensure and the threats that states have encountered from outside organizations aiming to dilute or repeal RD licensure. For states with licensure, a highlight was emphasis on documenting harm to the public caused by unqualified individuals practicing nutrition without a license. **An absence of complaints leaves our profession open to attacks that licensure is not needed.** In contrast, the presence of complaints provides assurance that licensure is serving its purpose to protect the public. The CPLS encourages RDs to submit complaints of harm to their licensure boards. Thus, **I encourage RDs to report evidence of harm using the complaint form on the BOME website:** http://bsd.dli.mt.gov/license/bsd_boards/med_board/board_page.asp. My goals as CPC are to work on behalf of the affiliate to engage members on licensure and consumer protection issues and to encourage reporting of harm to the BOME. Contact me if you have questions or would like to help.

-Patti Steinmuller, MS, RD, CSSD, LN; Consumer Protection Coordinator, Montana Dietetic Association, psteinmul@msn.com

NEW Diabetes Guidelines

The new American Diabetes Association Nutrition Guidelines are now available: <http://care.diabetesjournals.org/content/early/2013/10/07/dc13-2042.full.pdf>. The new guidelines emphasize that "one size does not fit all" and that individualization is important when it comes to eating plans for diabetes.

World Diabetes Day is November 14!

November is National Diabetes Month.



This Quarter's Quote

"If you quit, you will never know what you could have achieved." - Unknown

MDA Spotlight: Meet Your Public Policy Committee!

This year's Public Policy Panel has a few new faces! Kirsten Anderson and Jaime Larese will be joining returning Policy Panel members Jessie Wilcox (State Regulatory Specialist) and Jacqueline Sikoski (State Reimbursement Specialist).

[Meet a few of our Panel Members!](#)

Public Policy Coordinator: Kirsten Anderson, MS-MPH, RD is the Public Health Nutritionist for Indian Health Service's Blackfeet Service Unit in Browning, MT. She completed her undergraduate degree from Concordia College and Masters from the University of Tennessee. She has worked in Ravalli County with the WIC program and was a Peace Corps Volunteer in Guyana, South America. You can reach Kirsten at Kirsten.kander33@gmail.com, (406) 845-2939.

State Policy Representative: Jaime J. Larese, MS RD LN is the Registered Dietitian and Health Coach for CareHere, LLC in Helena, MT. She graduated from the University of Montana and received her Masters from the University of Maine. Jaime also works as an adjunct professor for the Nursing Department at Carroll College and works for Demand Studios, who deliver articles to sites like Livestrong.com. You can reach Jaime at jjlarese@gmail.com, (406) 431-5891.

State Regulatory Specialist: Jessica Wilcox is a Registered Dietitian and the Food and Nutrition Services Manager at Livingston HealthCare (LHC). Jessica graduated from Colorado State University and has a Masters in Nutrition from Montana State University. Jessica is a member of the Park County Food System Council, a board member for the Livingston Food Pantry, and a preceptor for the Montana Dietetic Internship. She was MDA's 2012 Emerging Leader in Dietetics and the 2012 Montana Hospital Association's Innovation in Healthcare award.

The responsibilities as State Policy Representative are to build relationships with members and legislatures, develop strategies and direction and make our voice heard as dietetic professionals in Montana. As the State Policy representative, I will be looking for ways to keep informed of pending food policies and legislation that affect our state. A few of the tools I will use include the Academy's Political Action Committee: <http://www.eatright.org/ANDPAC/content.aspx?id=7640>, and the organization Food Policy Action, www.foodpolicyaction.org.

If any member is interested in staying in tune with our efforts, please contact me!

-Jaime J Larese, MS RD LN, jjlarese@gmail.com

MSU Extension News & Events

Events

MSU Extension Food and Nutrition was pleased to sponsor 2 trainings in the area of Home Food Preservation during Extension's Annual Conference. Presented by national expert, Dr. Elizabeth Andress of the University of Georgia, the workshops were highly informational and well-received by approximately 40 agents in attendance.

The first session, *Current Science and Current Practice in Home Food Preservation*, provided a brief review of USDA Extension's role in home food preservation, including recent increases in practice scientific principles underlying major home food preservation methods, and science-based resources.

The second session, *Leadership Training in the Science of Home Food Preservation*, reviewed the scientific principles of preserving food by canning, freezing, drying, pickling and making sweet spreads. Recommended practices were discussed as well as the functions of various ingredients and equipment. A model Master Food Preserver curriculum for adult Extension volunteers was presented and discussed as a delivery mechanism for teaching food preservation.

News

MSU Extension Food & Nutrition Specialist, Lynn Paul, EdD, RD, has been invited to serve on an Advisory Committee to the departments of Agriculture, Livestock and Public Health & Human Services to assist in conducting a study examining and recommending updates for Montana food laws. The expertise and assistance of the Advisory Committee will help in meeting the provisions of HB 630, as well as fashioning long-term improvements in Montana's food laws.

- Lynn Paul, lpaul@montana.edu

<http://www.msuextension.org/>

Member Spotlight: Linda Fredenberg

A dietitian with Kalispell Regional Healthcare, Linda Fredenberg tries to keep a simple thought in mind: One individual can make a difference, so every one of us should try.

As a medical professional, Fredenberg helps a lot of people. One of her most recent patients was Reuben, a 7-month-old boy she helped transition from a feeding tube inserted into his stomach to regular baby foods. Like many premature babies, Reuben was born with health issues. His lungs and gastrointestinal tract were not fully developed. He would stop breathing at night, triggering a medical alarm for his parents to resuscitate him, and he couldn't eat through his mouth without a risk of food getting into his lungs and causing a fatal infection.

During a recent visit with Fredenberg, all that seemed impossible. The healthy-looking boy played in his mother's arms. He had big smiles for her and a beaming Fredenberg — and for anyone else who happened to see the cute baby boy and said hello. To Fredenberg, that's the power of nutrition and collaboration. The turnaround took weeks of close work with doctors and the boy's parents who administered his feedings and helped monitor his daily progress.

Following through with patients such as Reuben until they no longer need services is one of the most rewarding aspects of the job for Fredenberg, who was recognized as Montana's dietitian of the year for 2013. More than a third of Fredenberg's patients are children.

She works with premature babies, with teens who have eating disorders and with special-needs children who will have challenging dietary needs all their lives. She also works with people in the hospital's intensive care and rehabilitation units and patients of its specialists and surgeons. "Dietitians are consulted for virtually any type of patient because everyone eats," she said.

BORN and raised in Kalispell, Fredenberg got her start working in the hospital's dietary department back when she was in high school. "I was just interested in the subject matter. I liked the medical-based courses, anatomy and physiology, chemistry. I thought about going into nursing but bed pans weren't appealing at all." Fredenberg graduated from Montana State University and has been a registered dietitian since 1979. She completed a dietetic internship at Brigham and Women's Hospital — a teaching affiliate of Harvard University — and then completed a pediatric rotation at Boston Children's Hospital.

Wade, her boyfriend at the time (now her husband), convinced her to come back to Montana.

THE OLD ADAGE that people are what they eat still rings mostly true, Fredenberg said. But the work of a dietitian is wildly different today than it was decades ago. Despite the advances of modern medicine and science, it's a more challenging field than ever before. Fast food restaurants are everywhere, offering thousand-calorie meals for breakfast, lunch and dinner. Children drink more soda than milk or water.

Processed foods abound on grocery and convenience store shelves.

Diabetes and obesity rates are terrifying to ponder and people are more inactive than ever before. To complicate matters, the Internet is full of easily accessed misinformation about nutritional needs and fad diets. "Unless there are major changes, it looks like we're heading to a time where these children might have less life expectancy and more health problems than their parents. And much of that is self-induced," Fredenberg said. "That's where I think it would be wonderful if we could do more preventative things."

Fredenberg helped launch a nutritional education program for preschoolers at Tyke Town at The Summit. Kalispell Regional Medical Center has a scholarship program for low-income families to get dietary help and counseling. There are other positive signs. Schools, for instance, are working to improve the nutritional content of their breakfast and lunch programs. But it's going to come down to people's individual willingness to make a difference. "It's going to come down in my mind to what's happening at home, and the amount of effort

a parent can make in terms of keeping kids active and providing a healthy diet. It's not something that's just going to happen. It does take planning and effort and a parent making that a priority," Fredenberg said. Eating healthy isn't all that bad or that hard to do. For most people, it comes down to same old story of getting some exercise and eating a balanced diet that includes plenty of fruits, vegetables and whole grains.

Fredenberg has a bit of a sweet tooth herself. She might not have a bowl of candy sitting on her office desk, but she still likes to eat a piece from time to time. "I talk to my clients about healthy eating, not perfect eating," she said. "If we're eating 80 percent healthy foods and you want a dish of ice cream or a treat, there's room for that. And if you do that, you don't feel deprived. And then you're less likely to develop issues with overeating. You recognize, 'I can have a cookie today and a cookie tomorrow. I don't have to eat the whole bag.'"

Reprinted with permission from author Tom Lotshaw, lotshaw@dailyinterlake.com and the Daily Interlake Newspaper.



Dietitian Linda Fredenberg helped 7-month-old Reuben transition from a feeding tube to regular baby food. (Brenda Ahearn/Daily Inter Lake)



Message from Your Past President—Plus 50-Year Members

Dear MDA members,

Thank you for the opportunity to give back to the profession that I love so much! I would like to extend my gratitude to all of the board members and individuals who assisted me during the past two years. It was my pleasure during FNCE in Bozeman to honor five dedicated individuals who have been members of the Academy of Nutrition and Dietetics for over 50 years during FNCE in Bozeman. I invite each of you to find opportunities to share your nutrition expertise within your community.

Mentor another dietitian

Do your part

Always give your best

- Linda Fredenberg, RD, Past President



Joyce Fletcher RD, CDE, LN 51 years



Pat Hennessey MS, RD, LN ~ 66 years
Pat is seated second from the right

Kay Johnson RD, LN ~ 52 years
(no photo available)



Betty Stanislao PhD, RD, LN
53 years



Rosemary Newman PhD, RD, FADA
56 Years



In Remembrance of Marie Matte—would have been a 66 year member

Marie made her home in Erie from 1960 to 2004. During that time she was active in St. Luke's parish and worked at St. Luke School and Mercyhurst College. Marie moved to Missoula in 2004, where she made her home at Riverside Health Care Center. Marie was an academy member for 66 years.

Our thanks to Mary Pittaway, RD for providing a card and flowers to Marie's daughter on behalf of MDA.

Mark Your Calendars to Attend the MDA Annual Conference Billings, MT on May 28-30, 2014!

As President Elect, I was honored to have the opportunity to attend the Academy's FNCE meeting in Houston in October. As I reflect back on the topics of the conference, I realize this is a very dynamic time in the field of nutrition. While change can be difficult, especially with the uncertainty of health care reform, **it is exciting to see an increased interest in prevention, whole foods, and the trends towards growing food and cooking.** As nutrition experts, this gives us an incredible opportunity to assist our clients.

We are carefully planning 2014 Montana Dietetic Association Annual Conference to help you do that. Mark your calendar for May 28-30, 2014 at the Big Horn Resort in Billings. Ms. Beth Hall, MDA's conference planner and I are working hard with our conference committee to plan an inspiring and educational agenda.

Featured Topics:

- Digestive Health
- Sourcing Sustainable Seafood: A Global Seafood System Perspective
- Lentils: Montana's Real Treasure
- Community health collaborations to enhance health and reduce obesity
- A Grocery Store Tour to Help Your Clients Make Smart and Affordable Choices
- Pediatric Nutrition and Breastfeeding
- Public Policy issues at the state and national levels on nutrition and food safety
- Changes to expect with the Affordable Care Act
- Food Service Management
- Food Labeling Laws
- Learn about the Montana Dietetic Internship

We welcome your ideas and hope to see you in Billings in May. Feel free to contact us for more information or to get involved. - Katie Bark, barksnmt@imt.net, (406)570-5980; or Beth Hall, bhallrd@billingsclinic.org.



Clockwise from top left: Beth Hall, Katie Bark, Stephanie Johnson, Tami Waite, and Pat Bollinger at FNCE (pictured... twice...Dayle Hayes in the middle.)

Food For Thought—Fall 2013



eat right. an affiliate of the
Academy of Nutrition and Dietetics

PO BOX 1197
HELENA, MT 59601

In This Issue

More than I can even summarize—so much good stuff! Well worth a read!

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.

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for the next issue:

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July 30

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