

Food for Thought

OFFICIAL NEWSLETTER OF THE MONTANA DIETETIC ASSOCIATION (MDA)



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President's Message

How great it was to see the faces of many of our members, totaling more than 73 people, who attended the 2011 MDA FNCE meeting in Helena – Capitalize on Nutrition. Responses in person and on the evaluation surveys indicate that the speakers were excellent, the networking was fun and full of laughter, the food was good, the exhibitors are welcome to come back, and it was great to see old friends and make new ones!

We made the television news and front page of the Independent Record newspaper in Helena, with statements about the new ChooseMyPlate logo announced by USDA on June 2nd. Thank you to the members who made that happen with their media savvy and willingness to speak to reporters who answered the request to come by. MDA is in great need of a person or persons to act in the capacity of Media Representatives for dietitians in our state. If you have an interest in this area, please come forward!

Your Board of Directors (BOD) is ready to work. We have already begun planning the 2012 MDA FNCE! If you have any items of concern for me or for your board, be sure to email me and I will relay your concerns at our next BOD meeting.

It is exciting to be a member of MDA!
- Nonie Woolf, MPH, RD, MDA President,
woolfnonie@yahoo.com.



Lynn Paul and Mary Pittaway provide a good example and have some fun at MDA FNCE 2011. Behind the camera is Coleen Kaiser.

ADA Nominations Needed

The ADA Nominating Committee calls for nominations for national ballot positions from May until November, although nomination can be made at any time throughout the year. If you or a colleague possesses the necessary qualifications to serve the Association in a national leadership position (www.eatright.org/qualifications), nominations can be submitted in one of three ways:

- On-line www.eatright.org/nominations
- E-mail: nominations@eatright.org
- Fax: (312) 899-4790

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.

Your 2011-2012 MDA Board

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Secretary	Holly Nickels	hnickels@krmc.org
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Billings - MDA, President	Tami Waite	twaite@billingsclinic.org



Cardiovascular & Diabetes Prevention Programs

The Montana Cardiovascular Disease and Diabetes Prevention Program (MT CVDDPP) is an evidence-based program that can reduce the incidence of diabetes by 58% among adults at high risk for developing the diseases. It is an intensive lifestyle management program teaching lifestyle changes about healthy eating choices and increased physical activity that lead to weight loss and control. Trained health professionals support and motivate the participants to sustain healthy choices.

The program teaches people how to make changes that are realistic and work for them, and is currently available in 11 locations across Montana: Missoula, Helena, Billings, Miles City, Kalispell, Dillon, Great Falls, Butte, Bozeman, Libby and Choteau. Eligible applicants must have risk factors for cardiovascular disease or diabetes.

Between 2008 and 2010, 1,003 participants were enrolled in Montana. Of that group, 801 completed the first 16 weeks, and 563 completed the 6 month follow up. Among program completers, **45% achieved an average weight loss of 15 pounds. There were significant improvements in blood pressure, fasting glucose and lipids among participants completing the 10 month program.**

For more information please contact Diane Arave, Quality Improvement Specialist-Prevention, at 406-444-0593 or darave2@mt.gov or Sarah Tersegno, Diabetes Program Manager, at 406-444-9154 or stersegno@mt.gov.



Delegate's Report: Outcomes of Spring 2011 HOD Meeting

[The Spring 2011 Virtual HOD meeting took place April 31 – May 1, 2011.](#) Delegates and an additional 30 interested members which included the ADA Board of Directors convened in a Web based environment to discuss two mega issue topics: mega issues identification and market place relevance. [The backgrounders on both topics are available on the ADA Website: \[www.eatright.org/hod\]\(http://www.eatright.org/hod\).](#)

VOTING RESULTS AND NEXT STEPS

Thank you for participating in the electronic voting related to the Spring HOD Meeting motion. A simple majority of the voting delegates determines the results of a motion. 97% of the delegates eligible to vote did so.

HOD Proposal for Associate Category

Motion 1: 55 support/43 opposed – motion carried.

Next Steps: The House of Delegates approved the establishment of the Associate Category of membership. The Member Value Committee (MVC) will report an implementation plan to the House of Delegates by fall 2011.

This is an opportunity for additional revenue, partnerships and increased visibility for RDs.

This initiative presents an opportunity for us to grow our membership base and will serve to enhance our attractiveness to external partners. There is also revenue potential from individual memberships as well as product sales and continuing education opportunities.

Mega Issues Identified Next Steps

The mega issues prioritization list is now available. This list will be used to by the House Leadership Team in the selection of mega issues for discussion by the House of Delegates for future HOD Meetings. The complete unprioritized mega issues list is available as well.

Market Place Relevance

During the Market Place Relevance Dialogue Session delegate recommendations were created on how Registered Dietitians and Dietetic Technicians, Registered could create more opportunities and be more proactive. Individual options and alternatives for personally evolving for the future were identified.

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

Want to go to San Diego?

Desperately Seeking RD With Eye On the Future
As Montana's Delegate to ADA House of Delegates I would love to have a room mate and someone to attend the 2012 House of Delegates Meeting that is held just prior to ADA's FNCE in San Diego. The meeting begins Thursday night with a HOUSEWARMING Party. Friday is a full day of meetings and Saturday morning is the wrap up of the meetings. You will have the opportunity to meet the movers and shakers in ADA. You will be released in plenty of time to get ready for the FNCE Opening Session. I would like to share the experience with someone who would like to experience this side of our organization. Call me for details today so I can get you an exclusive invitation to 2011 HOD Fall Meeting.
Your Delegate,
Deb Jones

Thank You! MDI Preceptor Workshop Attendees

Many thanks to all the professionals who attended and participated in the first Montana Dietetic Internship (MDI) Preceptor Workshop! It was great to see so many RDs excited and involved in MDI. The support provided by MDA and the dietetic professionals in the state assures an excellent internship and quality preparation for future dietetic professionals. Thank you again to everyone involved and I look forward to seeing you at next year's workshop. If you have questions or would like to know more feel free to contact me any time.

- Coleen Kaiser, MS, RD,
LN, MDI Director,
coleenk@montana.edu



Why I love FCP—Culinary Travel Included!

The Food and Culinary Professionals Practice Group (FCP) is my favorite practice group. I have been a member for the past four years. This practice group has a number of educational events like webinars about current food and culinary topics that are free to members of the practice group. They publish a newsletter and it always has a recipe for us foodies.

My favorite experiences have been the culinary educational tours I have been on the last two years. In 2010, I with about thirty RDs and their friends toured Greece. We were able to experience a variety of food and culinary traditions with very hospitable people in Greece from a shepherd making cheese, organic wine making, rusk making, olive oil pressing, preparing wild greens and filo dough, listening to American Greek RD and original Mediterranean diet researcher speak about diet traditions. The Greek experience provided wonderful food, historical and cultural experiences and I earned 46 CEUs for my experience. I gained a great understanding of the Mediterranean Diet and have been able to use the experience to demonstrate with the hospital chefs some great foods for our public lecture series.

Travel to places like Greece and Argentina for “culinary educational tours” that also earn CEUs!

In April of 2011, I toured Argentina with the FCP group. We were able to experience a variety of food and wine traditions in Argentina. We visited a hacienda where we were treated to preparations for an authentic gaucho's grilled meat specialties and making dulce con leche (the national dessert) as well as treated to a demonstration of gaucho's games and horsemanship and dancing. We attended a Tango show and were treated to the great wines and wineries of the Mendoza region. This trip included hands-on cooking lesson for

preparing empanadas as well as a trip to a cooking school for a lecture on the traditional foods of the region. With all of the learning experiences this tour earned me 50 CEUs.

If you like food and wine and want to learn about another culture, sign up to a member of the Food and Culinary Professionals of the American Dietetic Association and join the group for their experiences with the culinary schools in the United States or plan to take the next trip out the country which is slated for Sicily in spring/early summer of 2012.

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

Silent Auction a Success!

The 2011 Silent Auction held in conjunction with the Montana Dietetic Association's Annual Food and Nutrition Conference and Expo brought in \$449.00. The auction proceeds will be divided between ADAF (American Dietetic Association Foundation) and MDA for the development of our members as leaders. Many items had winning bids of \$30. The Reduced Fat Cabot Cheese Gift Box brought the most at \$31. The Gift Box received the largest number of bids, and had the most bid action.

Thanks to all of the members and friends of the association that donated great items for this event! Pat Hennessey donated the most items to the auction with her generous donation of nine items! All our donators are listed below.

Great Harvest Bread Company	Cabot Creamery
Lisanatti Foods	Western Dairy Association
Holly Nickels	Bettie Stanislaw
Nonie Woolf	Lynn Paul
Rosemary Newman	Becky Brundin
Michelle Baker	Pat Hennessey



Do You Start at 9a.m. Sharp and End at 9p.m. Dull?

Do you know how many times we laughed when we were ten years old? 250 times a day! When we were kids, we laughed all the time and we said the cutest things. In Readers Digest, Kathy Stitt tells us she was playing tooth fairy when her daughter, Shelbey, suddenly woke up. Shelbey saw the money in her mother's hand and shouted, "I caught you!" Kathy froze and tried to think of an explanation for why she, rather than the tooth fairy, was putting the money under her daughter's pillow. Shelbey's next words let her mother off the hook. "You put that money back!" she said indignantly. "The tooth fairy left that for me!"

Do you know how many times we laugh as adults? 15 times a day. And that's on a good day, isn't it? How did we go from 250 times a day to 15 times a day. What happened to us? As adults, we become more serious, don't we? But life is too important to take yourself seriously. Learn to laugh at yourself. When you're able to laugh at yourself, your flaws start to disappear. And you feel better about yourself.

You know you're getting older when--

1. Dinner and a movie is the whole date, not just the beginning.
2. You start watching the weather channel.
3. You walk into a room in your home and can't remember why.

Life is Too Important to Take Yourself So Seriously!

Warmly, *Walt Stasinski, MEd, MPH; 248.649-8604, www.waltspeaks.com. Reprinted with permission*

2011 Award Winners and Board Members!

The Nominating Committee, Nonie Woolf, June Lewis and Charlene Johnson are pleased to join MDA in welcoming the following newly elected MDA Board members.

President-Elect:	Linda Fredenberg
Secretary:	Holly Nickels
Delegate:	Deb Jones
Professional Issues Chair:	Melody Anacker
Members-at-Large:	Matt Larsen and June Luptak
Nominating Committee:	Brittney Turville

MDA has creative, active dietitians who work hard and contribute so much to our profession. It is an honor to recognize them to the membership and to ADA.

- **Recognized Young Dietitian of the Year: Stephanie Selzer**
- **Recognized Dietitian of the Year: Leslie Coates**
- **Emerging Dietetic Leader of the Year: Cristin Forbes**
- **Outstanding Dietetics Student: Jessica Spragg**

The 2011 Award of Excellence for Nutrition Advocacy was awarded to three partners who have gone beyond their job duties to promote good nutrition and advocate for stronger nutrition policies or procedures to support healthful eating for Montanans.

- **Darrell Rud, Executive Director, School Administrators of Montana**
- **Katie Appel Goble, Retired School Food Service Director, Early Childcare Nutrition Trainer**
- **Robert Worthy, Food Service Director, Sodexo, Inc., Helena Public Schools**

The attendees at the MDA FNCE also donated a total of \$290.00 to the MT Food Bank Network to recognize Minkie Medora's work on public policy and her contribution to ending hunger in Montana.

Thank you Becky Brundin, for a wonderful awards presentation! This year was the first time MDA provided online voting for our members. We would like to start early to develop a list of candidates and award nominees. **If you know a fellow dietitian or friend who has done great things for the profession of dietetics, nominate them!**

- Nominating Committee Chair, *Destiny Anderson,*
Destiny.Anderson@ihs.gov.

This Quarter's Quote

"Talent creates opportunity. Yet it is desire that creates talent."

- Bruce Lee

More Funnies from Walt:

How do you turn life into laughter? One technique is to interpret things in more than one way. Look for the humorous side of what you see and hear.

A dry cleaners had this sign in front of their building, "38 years on the same spot."

Newspaper headlines, "Toilet seats stolen from police department. Police have nothing to go on."

See, you're starting to get the hang of it. The more you practice, the more natural it will feel. And the best part is you will be laughing more often each day.



Message from your President-Elect— In need of a “Life Repair Day?”

I would like to express my gratitude to MDA for sponsoring my attendance at ADA’s Leadership Institute, June 9- 12th, in Scottsdale, Arizona. Nearly 250 ADA members participated in three intensive days of interactive workshops and networking opportunities. The speakers were outstanding and included a keynote address and workshop by Dave Logan, co-author of the book [Tribal Leadership](#), a New York Times best-selling paperback book.

Ever sit at your desk, jump into email, only to just get overwhelmed by all the stuff? Every unread message, every piece of paper is like a little voice calling out to be heard and responded to. When the clutter in our lives gets overwhelming, Dave’s advice is that each of us needs to schedule time for a “life repair day”.

By the end of a “life repair day,” the following needs to be true:

- Every email is answered.
- Every piece of paper, envelope and post-it note is in a file or thrown away.
- Your system of physical files is up-to-date.
- Every text on your iPhone or BlackBerry is answered.
- Your physical desktop is clear, and your computer desktop is free of those stray files.
- Your inbox is empty.
- Everything is backed up.

Most people who’ve just had a life repair day feel more focused, refreshed, creative and productive. If you are interested in learning more, the audio version of [Tribal Leadership](#) can be downloaded from www.culturesync.org.

I look forward to sharing more leadership nuggets from the conference and providing updates on the 2012 MDFA FNCE conference which will be held in Kalispell.

- Linda Fredenberg, RD, MDA President-Elect, lfredenberg2@krmc.org.

Food For Thought—Spring/Summer 2011



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In This Issue

Congratulations to our 2011 Award Winners and Board Members! Check it out on page 5.

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.

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