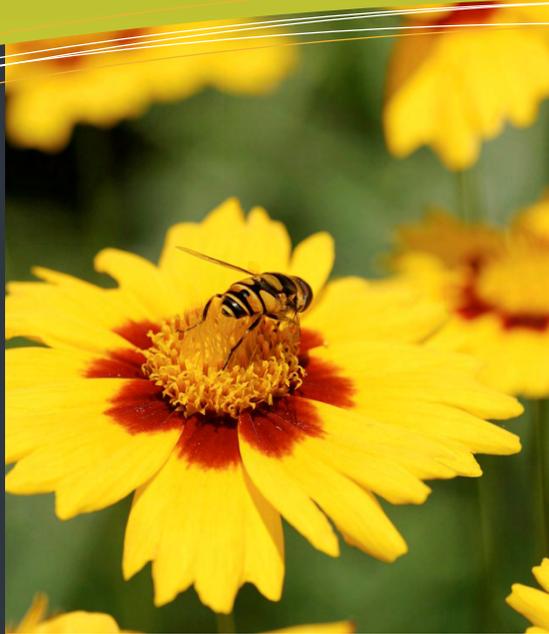


Food for Thought

OFFICIAL NEWSLETTER OF THE MONTANA DIETETIC ASSOCIATION (MDA)



this issue

2012 MDA Board P.2

Past President Message P.3

Delegate's Report: Academy Sponsorship P.3

Honoring Our 50 Year Members P.4

MDA FNCE Key Take Home Messages P.6

Affordable Care Act—What's Next? P.6

Nutrition Resources for Families P.7

2012 Award Winners & Board Members P.7

President-Elect's Message P.6

President's Message

People who enjoy meetings should not be in charge of anything."

Thomas Sowell, writer

Although I am not a fan of meetings, it was a privilege for the Flathead dietitians to host the 2012 MDA FNCE meeting in Kalispell - Nutrition on the Cutting Edge. The speakers came, we skyped, and were rewarded with outstanding attendance. I wish to express my heartfelt appreciation for the months of hard work by the members of the planning committee and to the 90 participants.

We have received many positive comments, including the following, "Thanks for planning a great conference! You and your team did an awesome job. The speakers were excellent, all of the information was very timely for me and the type patients I have been seeing lately...really helped clear up a lot of gray areas! Thanks again."

The Daily Interlake newspaper featured an article and I was interviewed on a radio talk show regarding the two community presentations offered in conjunction with our meeting. Over 60 individuals with celiac disease and gluten intolerance attended the evening presentation by Shelley Case, RD!

The conference included terrific presentations on "cutting edge" nutrition topics, panel discussions, and a wide variety of concurrent sessions. The Northwest Montana Biddies, a group of multi-talented local dietitians, donated a vegetable theme quilt which was raffled off on June 30th, 2012. Missoula RD Michelle Baker donated a stunning star quilt which was auctioned off on the last day of the conference. In the interest of full disclosure, the winning ticket was purchased by my mother, Claire Kasala, who recently celebrated her 79th birthday. What a wonderful mother's day gift! Attendees also enjoyed two evening networking receptions, a Zumba exercise break and a gluten-free vendor and product bazaar.

We are already looking ahead to FNCE 2013 which is being planned by Billings RD Beth Hall, in conjunction with the Montana Dietetic Internship program. I am honored to have the assistance of Nonie Woolf, Tami Waite and Beth Hall over the next year - please contact one of us if you are interested in being more involved in MDA.

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

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
Dietetic Association

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

Your 2012-2013 MDA Board

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Voting		
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Conference Planning	Beth Hall	bhall@billingsclinic.org
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Billings - MDA, President	Terese Hrcirik	thrcirik@billingsclinic.org



A Few Words from your Past-President

What a great year this has been. I have been honored to be your MDA President. Your MDA Board is a group of dedicated outstanding professionals and together we made significant accomplishments.

- Updated the MDA Bylaws and presented them to you at the Annual Business meeting in Kalispell;
- Invested in a new website to provide a source of information and a forum for members to communicate with MDA Board leadership;
- Continued communication will happen through the Affiniscape database which allows for easier e-blasting with MDA members;
- Continued to support and improve State alliances;
- Advocated for improved nutritional health of Montanans by supporting our representative on the Food Security Council;
- Provided a Keynote presentation at MDA FNCE for the Public Policy Panel;
- Kept you informed through Academy member alerts regarding CMS recommendations;
- Provided a Public Policy page on the MDA website;
- Provided ongoing support of the nutrition representative to MT Board of Medical Examiners;
- Provided Opportunities to Members for professional development by hosting an excellent MDA FNCE in Kalispell, MT, May 9-11, 2012;
- Made an effort to communicate on a routine basis with MDA membership as shown by the MDA President sending 50 separate e-mails to each of you this year; and
- Increased our Academy voting from 11% to 18%!

I want to thank each MDA member for your support. It has been a rewarding experience for me.

- Nonie Woolf, MPH, RD; MDA Past-President, woolfnonie@yahoo.com.

Delegate's Report: Academy Corporate Sponsorship

From Becky Dorner, RD, LD, Speaker, Academy House of Delegates

Presence of Corporate Partners at Future HOD Meetings

During the June 14-16, 2012 HOD Leadership Team Retreat, we discussed the issue of corporate partner presentation at the Fall 2012 HOD Meeting. We will take into consideration your concerns related to the connection between the HOD dialogue topics and presentations made by the corporate partners during the planning process. However, we understand that current contractual agreements require speaking opportunities by our partners to leaders within the Academy, which we need to honor until contracts are renegotiated.

In addition, at our retreat in June, we also expressed our desire to end corporate partner presentations at future HOD Meetings. This has resulted in a discussion by the Academy's Executive Management Team at Headquarters to explore other speaking opportunities for corporate partners. We will be discussing these concepts at upcoming Board Meetings.

Corporate Relations Committee

This potential solution will not be discussed by the HOD Leadership Team, but rather will be a discussion by the Academy Board of Directors at the next regularly scheduled Board meeting in October 2012. The establishment of this type of committee is under the purview of the Board of Directors since they are responsible for overall governance of the organization. We will be sure to communicate the outcomes of these discussions and plans for moving forward in the future.

Again, please accept our thanks in presenting your concerns with potential solutions to the members of the HOD Leadership Team. We understand your desire to support the Academy while encouraging us to consider new ways of doing business that will be transparent and beneficial to all members.

If you have any questions or concerns related to our response, please do not hesitate to contact Becky: becky@beckydorner.com or our staff partner, Harold Holler hholler@eatright.org; or (800) 877-1600, ext. 4896.

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

We will explore speaking opportunities for corporate partners other than during HOD meetings

Did You Know?

There is a new pathway besides an internship to become eligible to sit for the Registration Exam.

It's similar to programs of the past, though adds accountability.

To find out more:
<http://www.eatright.org/ACEND/content.aspx?id=6442465002>

Honoring Our 50-Year Members

MDA is honored to have seven professionals who have been members of the Academy of Nutrition and Dietetics (formerly ADA) for 50 years or more! These dedicated individuals were recognized at the MDA FNCE Business meeting in Kalispell in May 2012.

Joyce Fletcher, LN, RD, 50 year member, was born in Plentywood and raised in Billings, MT. An MSU graduate, Joyce interned at Yale-New Haven Hospital,



New Haven, CT as the Clinical Instructor at the School of Medicine, Ohio State University, Columbus. Joyce taught pediatric nutrition to students in the pilot program for what is now the CUP nutrition programs. At St. Vincent Healthcare in Billings, Joyce served as a clinical dietitian and as Clinical Nutrition Manager, where she helped implement the first room service program in Montana and surrounding regions. She has been a Certified Diabetes Educator for 20 years and a member of MDA for 34 years.

When asked why she is still a member of the Academy, Joyce responded, *"I used to think I didn't get much from ADA for my money, but when I thought about it, the organization and its people are the backbone of our profession. They are at the forefront of legislation for nutrition, of promoting the profession, of offering educational opportunities and of offering educational materials, both for the professional and for the clients. They help us to keep being the experts in nutrition. To not support them is to not support ourselves."*

Words of Wisdom: *"When registration first started, I questioned the need for getting registered as I was married, pregnant and had no plans to return to work. A wise woman (my former internship director) said, "Do it. It's the cheapest insurance you'll ever buy." When I did need to go to work, I was glad I had a good profession to fall back on; one I enjoyed and that supported me and my son well. I would offer you similar advice. Unless you hate being in the nutrition profession and/or have another well-paying skill, keep your registration (and your AND membership) up to date. It truly is cheap insurance."*

Pat Hennessey, MS, RD, 65 Year member, told us *"I truly believe that if we could educate parents-to-be and parents in Ellyn Satter's Division of Responsibility and that feeding IS parenting, we would prevent most of the addictive behaviors and parenting problems we have to deal with and try to fix."* Pat received her B.S. from St. Mary College, Leavenworth, KS and started her 12 month internship at Ancker Hospital, in St. Paul, MN in July of 1946. She got her Master's from MSU in 1968 and has been advocating for nutrition ever since. She sums up her experience saying, *"Hospitals, nursing homes, retirement homes, pregnant and breastfeeding moms, babies full-term, preemies, all sizes, special needs patients, food service, corporate stuff, lobbying for Montana's first breastfeeding bill, wonderful, smart and dedicated colleagues and a respected profession to be proud of, never having to apply for a job... what fun it is."*



Picture: MDA planning meeting in Billings in 1950. From the left: Ruth Boyd, Sister Ann Perpetua, Lois Gorton (standing), unknown, **Pat Hennessey**, and Marie Sopp. Pat wrote, *"They did plan the internship, but ADA turned them down because they decided that there were no cultural opportunities for dietetic students around Billings."*

Lois Gorton (standing), 67 year member, joined the ADA on April 15, 1945. She participated in establishing an internship in 1950 and retired in Kalispell, Montana.



Honoring Our 50-Year Members (continued)



Marie Matte, MS, 65 year member, graduated from Michigan State University, East Lansing with a BS in dietetics in 1947 and interned at Cook County Hospital, Chicago, IL. She received her MS from Ohio State University, Columbus, OH in 1957. In 1964 Marie developed Multiple Sclerosis and in

2004 moved permanently to Riverside Health Care Center, Missoula, MT where she currently lives. Since 2009 she has been nourished by PEG tube feeding.

Marie reminds us, *“When people are sick they do not want to eat, and yet that is the time when they need critical nutrients the most. It is important that those around them be sensitive to this fact. Food for the sick must be presented attractively, in appropriate quantities, and highly nourishing. Keeping company with the sick when they are trying to eat can also help them sometimes.”*

When asked, if she would recommend dietetics as a profession for young adults, she replied, *“Yes. It is a good field for young professionals. And there is good carry-over into one’s personal life.”* She was asked if she had any particular thoughts about the ADA and said, *“They have some good brains in the organization!”*

Rosemary Newman, PhD, RD, FADA, 55 year member, told us that the picture she sent includes



her dog, Sassy, whom she enrolled in a weight challenge contest with a local pet food store. In May she had lost 7.5 pounds!

Rosemary gave us this message to students and

young dietitians: *“Have an open mind about the direction of your career. The diversity of dietetics is endless. I have worked in hospitals, institutions (including prisons), public health, journalism, WIC, teaching, research, and written a book. When I retired from MSU in 1997, I became a diabetes educator, and am still doing that.”*

Dr. Bettie Stanislaio, LN, PhD, RD will be a 52 year member in September 2012. She encourages us all

when she says, *“Education must be continuous and continual. We never can learn everything we need to learn in one lifetime. We need to keep learning all of our lives.*

Dietitians TEACH, PREACH, MOTIVATE and INSPIRE. And we need to be leaders too.”



Kay Johnson, 51 year member, was the only honoree able to attend the MDA FNCE meeting in Kalispell, MT. She was presented a small rose in a ladybug vase and told us that ladybugs were her favorite. Last year, Kay was a 50 year ADA member and was given a congratulatory letter by Sylvia Escott-Stump (ADA President 2011-2012), a personalized certificate and complimentary registration to attend the Food & Nutrition Conference & Expo (FNCE) in San Diego.

At the MDA Business Lunch and Meeting, Kay shared The Alaska Nugget newsletter containing her article to the Alaska Dietetic Association membership, written as their President in June, 1970. Kay wrote in her article *“The Alaska Dietetic Association offers a real uniqueness and advantage because of our small membership. Each individual member has a great opportunity to assert herself by initiating ideas and suggesting programs of action.”*

The Montana Dietetic Association can identify with Kay’s words since we also have a small membership. Whether we are Academy members for 50 or more years or a student completing an internship, we are all called to assert ourselves and contribute ideas so that our profession will grow and serve to improve the health of Montanans.

Congratulations to these wonderful ladies! May their words of wisdom find a place to grow in your life.

Montana’s Own Dayle Hayes Provides Excellent Nutrition Outreach

Most of you are familiar with Dayle—but did you know about her blog, and Facebook page?

Her recent blog post, “Time to Move Beyond the Chocolate Milk Wars” is particularly interesting:

<http://schoolmealsthatrock.org>

You can follow her on Facebook here:

[School Meals That Rock](#)

Also, congratulations to Dayle on her recent recognition by the Foodservice Director Magazine as one of the “20 Most Influential.”

[FoodService Director magazine list of the 20 Most Influential](#)

Enjoy!

The Affordable Care Act—What's Next?

CHICAGO – Following the U.S. Supreme Court's decision on June 28 that upholds the constitutionality of the Patient Protection and Affordable Care Act, the Academy of Nutrition and Dietetics said it will continue working to ensure the public has access to high-quality and potentially lifesaving food and nutrition services. The Affordable Care Act includes multiple provisions intend(s) to transform the system towards delivery of coordinated care.

“Registered dietitians play a key role in these initiatives. As the world's largest organization of food and nutrition professionals, the Academy of Nutrition and Dietetics supports reform provisions that enable the expansion of medical nutrition therapy coverage and increased public access to registered dietitians for preventive care,” said registered dietitian and Academy President Ethan A. Bergman.

“The continuation of this law supports the valuable work registered dietitians and other qualified nutrition professionals are doing to prevent illness and improve the well-being of all Americans,” Bergman said. “By collaborating with strategic partners and coalitions, the Academy is determined to stay at the forefront of health-care reform,” Bergman said.

Visit the Academy of Nutrition and Dietetics at www.eatright.org.

MDA FNCE 2012 Key Take-Home Messages

Back-to-Basics and Up-to-Speed with Cathy Breedon, PhD, RD, CSP, FADA.

Top five easy ways to improve your family's nutrition:

- Eat lots of brightly colored fruits and vegetables.
- When you eat grains, try to use whole grain whenever possible.
- Nuts, seeds, peanuts and dried beans/peas are terrific nutrient-rich foods.
- Another important form of fat to include in our diet is omega-3 fat.
- Increase your regular intake of vitamin D and take a multivitamin with minerals daily in addition to eating right.
- In the northern third of the country, vitamin D deficiency is now being described as “an unrecognized epidemic.”

“Empowering You in the Assessment and Management of Food Allergies and Intolerances” with Janice Joneja Ph.D., RD.

Dr. Joneja is a researcher, educator, author and clinical counselor with 30 years of experience in the area of food allergy and intolerances.

Her website includes helpful fact sheets and resources - www.allergynutrition.com.

Key “take home” messages from her presentation:

- Allergy prevention emphasizes inducing tolerance rather than avoiding sensitization.
- Beginning of tolerance to foods may occur in utero or during breast feeding.
- Restriction of maternal diet to avoid highly allergenic foods during pregnancy or lactation is contraindicated.
- Accurate identification of allergies is critical.
- Avoid unnecessary food restrictions.
- It is important to monitor allergic response at intervals to determine if the food allergy has been outgrown.

“Putting MyPlate on the Family Table: Using USDA's Icon to Promote Delicious Nutrition for Busy Families” by Dayle Hayes, MS, RD.

How can we do what is best for families?

- Focus on health not weight.
- Promote tasty nutrient-rich foods for families.

Continued from D. Hayes highlights

- Support FUN physical activity for families.
- Advocate for healthy school environments.
- A great handout available for download from the

Western Dairy Association website called “My Plate, Your Plate.”

(Editor's Note: Check out the great food tracker, called the USDA Super Tracker at www.choosemyplate.gov)

“Celiac Disease, Gluten Sensitivity and the Gluten-Free Diet: What Every Health Professional Needs to Know” presented by Shelly Case RD, a leading international nutrition expert on celiac disease and the gluten-free diet.

For additional resources, check out Shelly's website: www.glutenfreediet.ca.

Some of the key points from Shelley's presentations included:

- Celiac disease is one of the most common inherited disorders, affecting 1 in 100 people.
- If celiac disease is left untreated, it can result in infertility, osteoporosis, cancer and development of other autoimmune disorders.
- New research indicates that 6% of the population may have gluten sensitivity.
- 30% of people newly diagnosed with celiac are over 60 years of age.
- Genetic testing is available that can confirm the presence or absence of specific genes association with celiac disease may be useful in some cases.





Looking for Nutrition Information Resources?

The Eat Right Montana Coalition would like to share our plans for the coalition in 2012. The Healthy Families packets are the most well-known outreach that our coalition has done, and have been made possible by our wonderful sponsors. We are so happy that the packets have enjoyed almost a decade of use by our partners – that’s you!

Recently, it has become clear that a new direction is needed in this age of the “social network.” We are excited to begin to explore this realm and consider it necessary for us to continue to meet our mission of promoting healthy eating and active lifestyles. In 2012, Eat Right Montana will work as a coalition to set our course and goals for the near future. This will involve, but not be limited to, exploring how we can best communicate with our partners and better involve you in our mission.

While we are in the planning process, we don’t want to leave you hanging! We have **ALL** our past packets available for download, on our Web site. Categories include **monthly press releases, the activity idea page, the eating idea page, and recipes!** For example, if you need a recipe, just click on www.eatrightmontana.org, click on “Healthy Families,” and then look in the recipe section. If you need a press release topic (for, say, January), just follow the same path, but look in the press release section. Enjoy!

Also, [we welcome new members!](#) If you interested in attending a meeting to learn more about us or just network, just contact us!

- Kim Pullman RD, LN; ERM Coalition Chair, kpullman@mt.gov.

2012 Award Winners and Board Members!

The Nominating Committee is pleased to join MDA in welcoming the following newly elected MDA Board members.

Co-President-Elect:	Tami Waite/Beth Hall (<i>see page 8</i>)
Treasurer:	Stephanie Selzler
Professional Issues Chair:	Melody Anacker
Members-at-Large:	Katie Bark and Jennifer Colegrove
Nominating Committee:	Chris Emerson and Chris Fogelman

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: Brittney Wadsworth Turville**
- **Recognized Dietitian of the Year: Deb Jones**
- **Emerging Dietetic Leader of the Year: Jessica Williams**
- **Outstanding Dietetics Student: Melinda Shepherd**

The *2012 Awards 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.

- **Kathy Scott, Dietary manager, Columbia Falls Veteran’s Hospital**
- **Bernie Mason, Billings School District**
- **Sheila Fredrick, Montana State University, Extension Agent**

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, Brittney Turville,
brittanywadsworth@gmail.com.

This Quarter’s Quote

"Yes, you can do it. And yes, it’s worth it!"

- Unknown

Message from your President-Elect

With there being no candidates to fill the position of President Elect this year, it seemed we needed to be creative to solve the problem. So, Tami Waite RD, CSR, LN and Beth Hall RD, CLC, LN came up with a plan! Together, we have 6 years of service to MDA, as well as experience working on many projects together with outstanding outcomes. We proposed a joint role as President Elect for 2012-2013 with the following goals and duties:

2012-2013

- One Board of Director Vote
- Collaborate on President Elect duties
- Dually serve on President Elect assigned committees
- Plan Annual Meeting while establishing a lead conference planning role for future years
- Attend FNCE together and share room to decrease cost.

2013-2014

- Tami Waite to lead as President
- Beth Hall to lead as conference planning chair
- Attend FNCE together and share room to decrease cost

We are excited to take on this challenge, and ready to help lead MDA to continue to be the outstanding professional organization that it is.

- Tami Waite, RD, CSR, LN; MDA President-Elect, twait@billingsclinic.org.

Food For Thought—Spring/Summer 2012



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In This Issue

Congratulations to our 2012 Award Winners and Board Members! Check it out on page 7.

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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