

# Food for Thought

OFFICIAL NEWSLETTER OF THE MONTANA ACADEMY OF NUTRITION AND DIETETICS (MTAND)



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## Newsletter Mission



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

## President's Message

Happy summer to my fellow Montana Academy of Nutrition and Dietetics members! I am honored and proud to serve as your President for the next year. You have my commitment to work hard and be timely in fulfilling the duties of this leadership position. I look forward to serving with the Board of Directors and committee members to direct our association's business. I want to personally thank Tami Waite for her outstanding service as President during 2013-14. We are lucky to be able to continue to benefit from her skills as she continues her service to MTAND as our Delegate.

While attending our FNCE in May, I was struck by the level of highly skilled professionals in our association. One of my goals is to work towards increasing the visibility of our profession while highlighting the value of our knowledge and services to the public. This is in line with our association's strategic plan and will strengthen our ability to advocate for improved health of Montanans.

I would like to work with you to further promote Registered Dietitians as the recognized nutrition experts in our communities. With food and nutrition in the news each day, we have an opportunity to be part of many conversations and provide sound nutrition advice. As dietitians we can also serve as a resource for legislators during the upcoming legislative session.

Share nutrition events and activities that you are involved in with through our Facebook page. [Remember to "like us" on it too.](#)

I want to extend a sincere thank you to our members that were willing to share their knowledge and expertise at our 2014 FNCE conference. They, along with our excellent sponsored presenters, made this year's conference a huge success. I also want to send a *Big Sky shout out* to the members of the FNCE planning committee, including all of the Montana Dietetic Interns for their hard work in hosting the meeting. Beth Hall deserves a huge round of applause for the excellent job she did in planning the agenda. It was so good to see record breaking attendance (100+) which allowed for valuable networking opportunities and a chance to meet new friends. Mark your calendars for the 2015 FNCE (see page 2!)

I would love to hear from you!  
- Katie Bark, President, [barksnmt@gmail.com](mailto:barksnmt@gmail.com) or (406) 570-5980.



# Your 2014-2015 MTAND Board

| Office  | Name   | E-mail   |
|---|--|--|
| <b>Voting</b>                                 |  |  |
| President                                     | Katie Bark   | <a href="mailto:barksnmt@gmail.com">barksnmt@gmail.com</a>   |
| Co-President-Elect                            | Lynn Paul  | <a href="mailto:lpaul@montana.edu">lpaul@montana.edu</a>   |
| Secretary                                     | Kelsey Proue   | <a href="mailto:kproue@pmcmt.org">kproue@pmcmt.org</a>   |
| Treasurer                                     | Colleen Miller   | <a href="mailto:colleen.miller@svh-mt.org">colleen.miller@svh-mt.org</a>   |
| Delegate                                      | Tami Waite   | <a href="mailto:twait@billingsclinic.org">twait@billingsclinic.org</a>   |
| Member-at-Large 1                             | Beth Wiome   | <a href="mailto:ewiome@billingsclinic.org">ewiome@billingsclinic.org</a>   |
| Member-at-Large 2                             | Teresa Motlas  | <a href="mailto:tmotlas@mt.gov">tmotlas@mt.gov</a>   |
| Member-at-Large 3                             | Kandis Wessel  | <a href="mailto:kwessel@billingsclinic.org">kwessel@billingsclinic.org</a>   |
| Member-at-Large 4                             | Alicia Burtchett   | <a href="mailto:aburtchett@billingsclinic.org">aburtchett@billingsclinic.org</a>   |
| Nominating Committee Chair                    | Christine Emerson  | <a href="mailto:cemerson@mt.gov">cemerson@mt.gov</a>   |
| Professional Issues Chair(New Member Liaison) | Jean McLean  | <a href="mailto:jeamclean@gmail.com">jeamclean@gmail.com</a>   |
| <b>Ex-officio w/o Vote</b>                    |  |  |
| Past-President                                | Tami Waite   | <a href="mailto:twait@billingsclinic.org">twait@billingsclinic.org</a>   |
| Newsletter Editor                             | Kim Pullman  | <a href="mailto:kpullman@mt.gov">kpullman@mt.gov</a>   |
| Nominating Committee                          | Deb Jones  | <a href="mailto:djones@stpetes.org">djones@stpetes.org</a>   |
|   | Chris Fogelman   | <a href="mailto:cfogelman@mt.gov">cfogelman@mt.gov</a>   |
| Public Policy Committee:                      |  |  |
| Public Policy Coordinator                     | Kirsten Anderson   | <a href="mailto:Kirsten.kander33@gmail.com">Kirsten.kander33@gmail.com</a>   |
| Reimbursement Representative                  | Jacqueline Sikoski   | <a href="mailto:jsikoski@bdh-boz.com">jsikoski@bdh-boz.com</a>   |
| State Regulatory Specialist                   | Jessica Wilcox   | <a href="mailto:jessica.wilcox@livingstonhealthcare.org">jessica.wilcox@livingstonhealthcare.org</a>   |
| State Public Policy Representative            | Tara Ray   | <a href="mailto:tray@mt.gov">tray@mt.gov</a>   |
| State Public Policy Rep. Mentor               | Minkie Medora  | <a href="mailto:minkie.medora5@gmail.com">minkie.medora5@gmail.com</a>   |
| Consumer Protection Coordinator               | Patti Steinmuller  | <a href="mailto:psteinmul@msn.com">psteinmul@msn.com</a>   |
| Web Site Coordinator                          | Nonie Woolf  | <a href="mailto:woolfnonie@yahoo.com">woolfnonie@yahoo.com</a>   |
| Board of Medical Examiners Liaison            | Pat Bollinger  | <a href="mailto:pbolling@bresnan.net">pbolling@bresnan.net</a>   |
| State Media Representatives                   | Crystelle Fogle<br>Dennis Ball<br>Kelsey Conrow<br>Katie Wichman | <a href="mailto:cfogle@mt.gov">cfogle@mt.gov</a><br><a href="mailto:lilrunnernyc@gmail.com">lilrunnernyc@gmail.com</a><br><a href="mailto:kelseyconrow@hotmail.com">kelseyconrow@hotmail.com</a><br><a href="mailto:katiwichman@benefis.org">katiwichman@benefis.org</a> |
| CDR Representative                            | Pat Bollinger  | <a href="mailto:pbolling@bresnan.net">pbolling@bresnan.net</a>   |
| Student Liaison - MSU                         | Virginia Nollmeyer   | <a href="mailto:vnollmeyer@gmail.com">vnollmeyer@gmail.com</a>   |
| ADAF Fundraising Chair                        | Colleen Miller   | <a href="mailto:colleen.miller@svh-mt.org">colleen.miller@svh-mt.org</a>   |
| <b>Additional Committees</b>                  |  |  |
| Website                                       | Linda Fredenberg,<br>Nonie Woolf                                 | <a href="mailto:lfredenberg2@krmc.org">lfredenberg2@krmc.org</a><br><a href="mailto:woolfnonie@yahoo.com">woolfnonie@yahoo.com</a>   |
| Conference Planning                           | Deb Jones<br>Jennifer Colegrove                                  | <a href="mailto:djones@stpetes.org">djones@stpetes.org</a><br><a href="mailto:jcolegrove@stpetes.org">jcolegrove@stpetes.org</a>   |
| Districts and Affiliates                      |  |  |
| Bozeman Dietetic Association, Coordinator     | Stacy Lamb   | <a href="mailto:lavoie.stacey@gmail.com">lavoie.stacey@gmail.com</a>   |
| Billings – MDA, President                     | Lindsey McDonnell  | <a href="mailto:lmcdonnell@billingsclinic.org">lmcdonnell@billingsclinic.org</a>   |



# Can You Pay it Forward?

## Montana Dietetic Internship Scholarship Campaign

In 2011, the Montana Dietetic Internship (MDI) was created at Montana State University. To support these interns the Montana Academy of Nutrition and Dietetics has committed to assist in the establishment of an MDI scholarship fund. The goal is to raise \$175,000 over five years to maintain five yearly scholarship awards (\$5,000 each) to deserving interns. Dietitians throughout the state have volunteered to fundraise for Montana Dietetic Internship Scholarships. Hopefully by this date, you have already been contacted by one of them or you heard about it at 2014 FNCE. We are excited to announce that many of you have been supportive of this campaign already as we have raised about \$25,000 thus far.

The scholarship fund will be maintained by the MSU Alumni Foundation, and all donations are tax deductible. The link to the MDI Scholarship Fund site is: [www.msuaaf.org/give-mdi](http://www.msuaaf.org/give-mdi). Any size of a donation is appreciated. If you are able though, we suggest a \$100.00 per year pledge (for five years) as we would be approach our goal if every member gave that amount.

The MDI interns participate in rotations throughout the state of Montana. Program tuition is over \$15,000 for the year and does not include living expenses students incur as they travel for their training. With the generosity of Montana dietitians this year, we are able to provide two \$2,000 scholarships to the 2014-15 MDI class. Are you willing to **"pay it forward?"** Thank you for your consideration and contributions to our future nutrition professionals! For more information, please contact Patricia Bollinger at [pbolling@bresnan.net](mailto:pbolling@bresnan.net) or Allison Hupp at [allision.hupp@montana.edu](mailto:allision.hupp@montana.edu).



Alta Peila (right) from the first MDI cohort secured a RD position in Montana soon after graduating from MDI.

# Past President's Message



RD of the Year Patti Steinmuller and Past President Tami Waite at this year's MTAND FNCE

I feel so privileged to have been able to be the President of our amazing organization over the last year. We have done outstanding work, and wanted to take this time to share the highlights with you and the names of the countless volunteers who made it all possible!

We changed our name! We are now Montana Academy of Nutrition and Dietetics (MTAND). We couldn't have done that without all of you! The vote on our name change by the membership was nearly unanimous! I want to give a special thank you to **Stephanie Johnson**, Student Liaison to the Board of Directors who worked hard on developing several new logos – she does beautiful work!

We also made a complete overhaul of our policy and procedure manual. Everyone on the Board gave fantastic feedback on the manual, but **Beth Wiome** and **June Luptak** spent many hours making this revision a reality. Again, a big thank you to **Stephanie Johnson** for doing all the final formatting changes.

MTAND also saw a scholarship program become a reality for the Montana Dietetic Internship. Thank you to the many dietitians who made this much needed program come to life: Katie Bark, Lynda Benson, Pat Bollinger, Michelle Dietsch, Jane Dubitsky, Tara Mercer, Jennifer Montague, Lynn Paul, Annette Peterson, and Cristin Stokes.

A huge thank you to **Katie Bark** and **Beth Hall** for an amazing 2014 MTAND FNCE! Great job! **Kirsten Anderson** is our new Public Policy Chair, and she is doing a fantastic job keeping us informed. She is working hard to develop the Public Policy Committee, and we will be seeing some great things from them in the future!

I simply cannot thank the Board of MTAND enough. You all work so hard to make our state affiliate great! Thank you for giving of your time, your energy and your devotion.

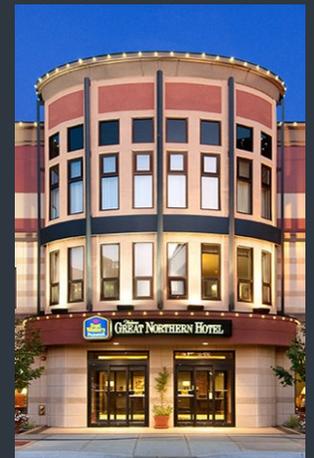
- Tami Waite, Past President, [twait@billingclinic.org](mailto:twait@billingclinic.org).

## Save the Date!

2015 FNCE in  
Helena, Montana  
May 27-29  
Wednesday –  
Friday  
Great Northern  
Best Western  
Downtown  
Helena!

Plan to come to learn, network, earn CEU's, and have a great time. We will have great speakers on diverse topics. If you have ideas on a topic or presenter you would like to see, let us know. We also love to utilize the talent and knowledge we have right here in our state, so if you have a great topic, expertise, or practice to share, we would love to hear from you.

You can send your ideas to Meeting Co-chairs Jennifer Colegrove at [jcolegrove@stpetes.org](mailto:jcolegrove@stpetes.org) (406) 444-2189; or Deb Jones at [djones@stpetes.org](mailto:djones@stpetes.org) (406) 444-2115. Thanks for your input and help on making this a great conference!



# Medicaid Expansion in Montana

The Affordable Care Act was passed last fall and this helped many in Montana get access to health care. However, it is estimated that there are still 70,000 low and moderate income people in Montana who do not have access to health care. This also impacts our rural hospitals and clinics, where the need for services to low income people is the greatest.

Besides increasing access to care, Medicaid Expansion has the potential to create jobs and bring income to the state.

Medicaid Expansion is a state option that has to be approved by each state. During the 2012 session, our state Legislature did not pass a bill to bring in this program.

Earlier this year, Partnership for Montana's Future initiated I-170 – the Healthy Montana Initiative. This Initiative would have put the issue of Medicaid Expansion in the hands of Montana voters. Over 300 volunteers around the state, including dietitians, worked to collect the necessary signatures for the Initiative to pass.

The Partnership and its volunteers collected over 25,000 signatures, however, that number was not enough to pass the measure before the deadline.

Partnership for Montana's Future is dedicated to move on and work towards efforts in the 2015 session. Medicaid Expansion is also one of Governor Bullock's top priorities during the upcoming session.

## MTAND is partnering with Partnership for Montana's Future to continue to advocate for Medicaid Expansion in Montana.

### What are the next steps?

MTAND is partnering with Partnership for Montana's Future to continue to advocate for Medicaid Expansion in Montana.

Dietitians should consider what role they'd like to play in the effort to pass Medicaid Expansion.

There are multiple actions being planned statewide. These actions include public debates, presentations on the value of the Expansion, road shows later in the summer, town meetings and other forms of civic engagement.

The MTAND Public Policy Committee will share the schedule for these events to all members as soon as events are set up. Dietitians can be key

participants in the discussion. All state dietitians are greatly encouraged to consider how they want to participate in the effort that is being led by the MTAND's Public Policy committee.

In addition, dietitians are encouraged to talk to their local legislative delegation about what action they'd like to see with Medicaid Expansion.

For more information about the role that the MTAND is taking with the Partnership for Montana's Future's promotion of Medicaid Expansion, contact Minkie Medora at [minkie.medora5@gmail.com](mailto:minkie.medora5@gmail.com).

For more information about working with the Public Policy committee, contact Kristen Anderson – who is the state Public Policy Coordinator at [Kirsten.kander33@gmail.com](mailto:Kirsten.kander33@gmail.com) or (406) 845-2939.

You can also find further information about Medicaid Expansion and plans for the 2015 session at the Partnership for Montana's Future website: [healthymontanainitiative.org](http://healthymontanainitiative.org).



### *This Quarter's Quote*

"Children must be taught how to think, not what to think."

- Margaret Mead



## Public Policy and Advocacy, Take Action!

The MTAND Public Policy Committee encourages all MT RDs to get active and advocate for our profession. We can help shape better food and agriculture policies by talking to our legislators and educating them on the important work registered dietitians do for Montana communities. Through letters, emails, and face to face meetings, we can promote the role of the RD as well as promote legislation that supports good nutrition and a healthier state and nation.

Be an informed voter on Election Day, November 4, 2014. Check out and keep handy all the great, easy to use resources listed at right. Current legislators and candidates may also have websites or Facebook pages that may provide information on where they stand on issues related to nutrition, how to join their listservs, and meetings or community events they plan to attend. Attending these events is a great way to shake hands with a politician, introduce yourself as an RD, and throw in a pitch for your role as the nutrition expert.

Here's a challenge. Since getting to know your legislators is essential to effective communication, especially during legislative sessions, find out who is running for office in your district and their stand on nutrition issues and specific topics. Share your findings, comments, and questions on a forum we will establish on the MTAND Web site. Also, consider offering your assistance and support to those candidates who value nutrition as a health issue.

Want a place to start? See the Resources, at right.

Jessica Wilcox, MS, RD, LN; [jessica.wilcox@livingstonhealthcare.org](mailto:jessica.wilcox@livingstonhealthcare.org); MTAND Public Policy Committee

## 2014 Award Winners and Board Members!

### MTAND 2014 Election Results

The Nominating Committee is pleased to join MT AND in welcoming our newly elected Board members.

|                      |                  |
|----------------------|------------------|
| President Elect      | Lynn Paul        |
| Delegate             | Tami Waite       |
| Treasurer            | Colleen Miller   |
| Member at Large      | Alicia Burtchett |
| Nominating Committee | Deb Jones        |

### MTAND 2014 Awards

MT AND has hard working dietitians who contribute so much to our profession. It is an honor to recognize them to the membership and to the Academy of Nutrition and Dietetics.

|  |                   |
|--|-------------------|
| Recognized Young Dietitian of the Year | Tara Ray          |
| Outstanding Dietitian of the Year      | Patti Steinmuller |
| Emerging Dietetic Leader               | Colleen Miller    |
| Outstanding Dietetics Student          | Stephanie Johnson |

### MTAND Award of Excellence for Nutrition Advocacy

Since 2008, the Montana Academy of Nutrition and Dietetics has chosen to honor non-dietitian individuals who have worked to optimize the health for Montanans as advocates for food and nutrition. The awards were presented at the annual MTAND FNCE meeting on Thursday May 29 at the Big Horn Resort, Billings, MT. The 2014 recipients are the following:

- Denise Juneau, State Superintendent, Montana Office of Public Instruction
- R. Jean Powell, co-founder of the Montana Celiac Society
- Senator Jon Tester, U.S. Senator for Montana

Jean Powell and her daughter, Tamala Powell, attended the award ceremony. Tamala read an inspirational and heartwarming letter from Jean, a portion of which is quoted here, "Thanks to all of you so much for a wonderful experience. Tamala and I will long remember the experience of receiving such recognition. We hope you will be successful for many decades in the future, helping Montanans continue to live healthy and meaningful lives."

We would like to start early to recruit nominees for 2015. If you know of someone who is doing great things for the dietetics profession, please nominate them—there is a form attached!

- Christine Emerson, MS, RD; Nominating Committee Chair; (406) 444-2502; [cemerson@mt.gov](mailto:cemerson@mt.gov).

## Public Policy Resources

Academy of Nutrition and Dietetics <http://www.eatright.org/>

Use the Grass Roots Manager (under Public Policy, Take Action) to review Action Alerts, find your legislators or learn about the Academy's legislative and public policy priority areas.

Project Vote Smart: [www.votesmart.org](http://www.votesmart.org)

Find all of your current elected officials.

US House of Representatives: [www.house.gov](http://www.house.gov)

Find who your Representative is, vote history, legislative calendar, committee information and more.

US Senate: [www.senate.gov](http://www.senate.gov)

Find who your Senators are, vote history, legislative calendar, committee information and more.

Library of Congress – THOMAS: <http://thomas.loc.gov/home/thomas.php>

Look up any bill by number or key word.

Montana Find a Montana Legislator: <http://leg.mt.gov/css/find%20a%20legislator.asp>

Locate your current legislators.

Montana Secretary of State: <http://sos.mt.gov/Elections/>

Since legislative districts have changed this year, you need to know your district and polling location.

# Message from your President-Elect

Hello!

I hope everyone is enjoying the summer and sun. My name is Lynn Paul and I have been a registered dietitian for 35 years and the MSU Extension Food and Nutrition Specialists for 22 years. I am excited to be part of the MTAND leadership team again and am becoming up-to date in our organization through our initiatives including Public Policy, Montana Dietetic Internship (MDI) Scholarship, Board events, 2015 MTAND FNCE (May 27-29, 2015, in Helena), and planning future projects.

What have I learned? Advocating for Academy issues in Washington D.C. was an informative and motivating experience. I was fortunate to meet with aides for Tester, Walsh, and Daines and several Wyoming legislators through collaboration with our Wyoming neighbors and colleagues. Fundraising for MDI interns provided a great way to connect with our members, promote the incredible contributions of these new professionals, and learn to finally like fundraising! Recent Board accomplishments, such as our updated website and Policies and Procedures, were completed under the leadership of our dedicated President, Tami Waite.

Lastly, many kudos to the 2014 MTAND FNCE Planning Team. "It was one of the best" was heard from many attendees. The "hot shot" Planning Team for 2015 guarantees another superb event. If you have any "outside the box" ideas for 2015 MTAND FNCE, let us know. Check out the Save the Date notice on page 2!

For dietitians I have known for many years and for those I have not yet met, I am looking forward to working together and with others to promote health and meet the needs of Montana.

Cheers,

- Lynn Paul, EDD, RD; MDA President-Elect, [lpaul@montana.edu](mailto:lpaul@montana.edu).

Food For Thought—Summer 2014



Montana Academy of Nutrition and Dietetics

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

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## In This Issue

**Congratulations to our 2014 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](mailto:kpullman@mt.gov).

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

Deadline for submissions  
for the next issue:  
**November 1, 2014**

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