

# Food <sup>for</sup> Thought

OFFICIAL NEWSLETTER OF THE MONTANA DIETETIC ASSOCIATION (MDA)



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## President's Message

Welcome to this heart month issue of Food for Thought! As President I am reminded daily that the true **HEART** of MDA is the many nutrition and dietetics professionals that I interact with on a daily basis. Without their dedication and hard work many of our accomplishments so far this year would not be completed.

The American Dietetic Association is now known as the Academy of Nutrition and Dietetics (AND). As a separate association from the Academy, the choice to change our name is ours and your MDA Board of Directors has voted to remain the Montana Dietetic Association for the 2012 year. So the proper way to refer to your organization is **The Montana Dietetic Association, an Affiliate of the Academy of Nutrition and Dietetics**.

Each year, your President submits goals for their affiliate to the Academy. I summarized my goals for this year in the following five areas.

1. Continue with revision of MDA Bylaws, Policies and Procedures. Thank you to **June Luptak, Board Member at Large** for leading the effort to continue this process so that we can bring the bylaws before the membership for a vote on modifications.
2. Pursue rebuilding of the website and investigate more reliable platforms for communication with our membership. *This task is happening as you read; your Board members **Linda Fredenberg, Holly Nickels, Brittney Turville, Crystelle Fogle, Chris Fogleman, Katy Wichman, Matt Larsen, Deb Jones, Melody Anacker, Tami Waite, Pat Bollinger, and Patti Snyder** have given many hours to attend orientation with Affiniscape and review the pictures and format for the new website.*
3. Orient the Board of Directors to progress and success with consistent treasury records and tax recording. **Tami Waite and Beth Hall** spent hours getting our association back on track and we continue to accomplish this yearly.
4. Improve the new board member orientation presentation. The flow of outgoing and incoming board members needs to be consistent in order to move forward smoothly. Welcome to **Jackie Sikoski**, our Reimbursement Representative, **Matt Larsen** our Public Policy Coordinator, **Randy Keener**, Bozeman Dietetic Association Leader and **Katie Wichman**, our Media Representative.
5. Streamline the listserv and board e-mail accounts. You receive at least one or two e-mails from me weekly which at the present time requires that I create 4 emails to get the message out to all of you. Transparency and communication will improve immensely as we continue our work with Affiniscape.

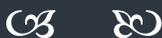
Our next MDA BOD meeting, March 9th from 3-5 pm, will be a conference call. I invite you to attend. Just contact me to get the agenda. Many hands make light work. Join us!

- Nonie Woolf, MPH, RD, MDA President,  
[woolnonie@yahoo.com](mailto:woolnonie@yahoo.com).



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

## 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.

# Save the Date!

May 9-11, 2012

Kalispell Hilton Garden Inn

MDA  
FNCE  
2012

Save the dates of May 9-11, 2012 and join your friends and colleagues at the Hilton Garden Inn and Convention Center in Kalispell. MDA FNCE 2012 promises to provide an array of thought-provoking educational sessions as well as many opportunities for networking. Due to popular demand, we have retained the same format as last year. The conference begins at 1:00pm on Wednesday, May 9th and ends with a bang on Friday morning, May 11th.

Outstanding keynote presentations will be offered throughout the program including:

- “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. Check out Shelly’s website: [www.glutenfreediet.ca](http://www.glutenfreediet.ca).
- “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 in food allergy and intolerances. For more information, visit her website: [www.allergynutrition.com](http://www.allergynutrition.com).
- “Putting MyPlate on the Family Table: Using USDA’s Icon to Promote Delicious Nutrition for Busy Families” by *Dayle Hayes, MS, RD*. Montana’s own claim to fame, Dayle is an award-winning author and educator.
- **Protein and Healthy Aging** is provided for you by the Montana Beef Council and the National Cattlemen’s Beef Association.
- Learn more about **Moderation Nation**, a national wellness campaign sponsored by the Hershey Center for Health and Nutrition, in collaboration with the American Dietetic Association and the American Council on Exercise.
- Expect to enjoy **Back-to-Basics and Up-to-Speed** with *Cathy Breedon, PhD, RD, CSP, FADA*. Cathy is the Clinical, Metabolic and Pediatric/Perinatal Nutrition Specialist at Sanford Medical Center in Fargo, ND. She is also an instructor at the University of North Dakota School of Medicine in the Department of Pediatrics and at Minnesota State University Moorhead. “Aunt Cathy” was the most requested return speaker from last year’s conference.
- Come and learn from some of Montana’s best, with **ADA Public Policy, Licensure, The Montana Dietetic Internship Program, Parents’ Role in Preventing Childhood Obesity, Community Resources For Low-Income Families, The New Spectrum of Disordered Eating - Children and the Elderly, MDS 3.0, The Role of Nutrition in Cancer and Tumor Growth** and last but not least a **Hypertension Training workshop**.

On-line registration for the 2012 FNCE available in April, or use the paper form included with this newsletter.

## Early Bird Special

You can reserve rooms **NOW** with the room block established at the Hilton Garden Inn and Convention Center.

- Registrants are eligible for special room rates of \$105.00 /night plus tax **until April 17<sup>th</sup>, 2012** (King and Queen\Queen). Hotel room rates are subject to applicable state and local taxes.
- Up to 15 rooms will be offered for government employees for \$87.00 per night plus tax.
- Be sure to reference the “Montana Dietetic Association” when making your reservation.

[http://hiltongardeninn.hilton.com/en/gi/groups/personalized/F/FCAKSGI-DIETET-20120506/index.jhtml?WT.mc\\_id=POG](http://hiltongardeninn.hilton.com/en/gi/groups/personalized/F/FCAKSGI-DIETET-20120506/index.jhtml?WT.mc_id=POG).

- Linda Fredenberg RD, MDA President-elect, [lfredenberg2@krmc.org](mailto:lfredenberg2@krmc.org)

## This Quarter’s Quote

“Your life does not get better by chance, it gets better by choice.” - Jim Rohn



## MDA Needs You! Board Positions & Nominations

The Montana Dietetic Association is on the lookout for **outstanding individuals who are seeking to gain experience by serving on our local MDA Board**. Positions are a superb opportunity and best of all you will gain wonderful and valuable knowledge and experience that will help shape your career (**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)
- Member At Large—2 positions open (2 year commitment)
- Nominating committee member – 2 positions open (2 year commitment)

**Nominate an outstanding individual/colleague who warrants to be recognized for a job-well-done. Nominations are needed for the following:**

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

For more information, please contact a Nominating Committee member:

- Destiny Anderson, [destiny.anderson@ihs.gov](mailto:destiny.anderson@ihs.gov)
- Janelle Campbell, [jcampbell@mdmh.org](mailto:jcampbell@mdmh.org)
- Brittney Turville, [brittneywadsworth@gmail.com](mailto:brittneywadsworth@gmail.com)

## Call for Nominations for MDA Award of Excellence for Nutrition Advocacy

Each year since 2008, the Montana Dietetic Association has chosen one, two or three non-dietitians to honor with an *Award of Excellence for Nutrition Advocacy* at the annual MDA FNCE meeting. The award is given for the purpose of recognizing Montana individual(s) who have worked to optimize the health of Montanans by their support and promotion of food and nutrition.

- The name of the nominee for this award must be submitted by an MDA member on the nomination form provided or in a written format that contains all the required information. The nominee cannot be a member of MDA.
- The nominee must be a Montanan, male or female, any age, and from either the private or the public sector.
- The nominee must have worked actively and consistently for a minimum of five (5) years in the promotion of nutrition and healthy lifestyles and demonstrate knowledge and understanding of the issues and policies involved.

The 2012 Award deadline is **Friday, March 16, 2012, 5:00PM**. For questions or to receive a nomination form, contact Mary Musil at [mmusil@mt.gov](mailto:mmusil@mt.gov) or call (406) 444-4086.

## VOTE NOW! Every Vote Counts

This is your chance to exercise one of your member benefits by voting for the future leaders of the Academy of Nutrition and Dietetics.

Polls are open until **March 3, 2012**. View the slate of candidates and cast your vote at [www.eatright.org/elections](http://www.eatright.org/elections).

Your vote counts! One Academy of Nutrition and Dietetics membership will be awarded to affiliates with the highest percentage of its members voting in the national election. **Last year MDA had 11% of our members vote. Let's aim for 100%. Vote Now!**



## MDA Needs You!

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

**President-Elect** - serves as a voting member of the BOD and oversees the planning and coordination of the annual meeting in spring 2008. Plans projects for the presidential year.

**Treasurer**- Serves as a voting member of the BOD, ADAF fundraising chair and Chair of the Financial Committee. Regulate funds, securities and financial records, update and provide financial reports. Ensure that records are audited annually. Prepare and submit budget and file taxes.

**Members at Large (2)** - Serves as voting members of the BOD. Requires that the person not have previous experience on the board. 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 show active participation in the national, state, or district association. They will have demonstrated concern for the promotion of optimal health & nutritional status of the population, and demonstrated leadership in the Association, community or employment.

**Recognized Young Dietitian of the Year (RYDY)**

The successful nominee must be 35 years or younger as of April 1; must show active participation in the national, state, or district association; must have not been previously selected as an RYDY; must have demonstrated concern for the promotion of optimal health and nutritional status of the population; and must have demonstrated leadership in the Association, community or employment.

**Emerging Dietetic Leader of the Year**

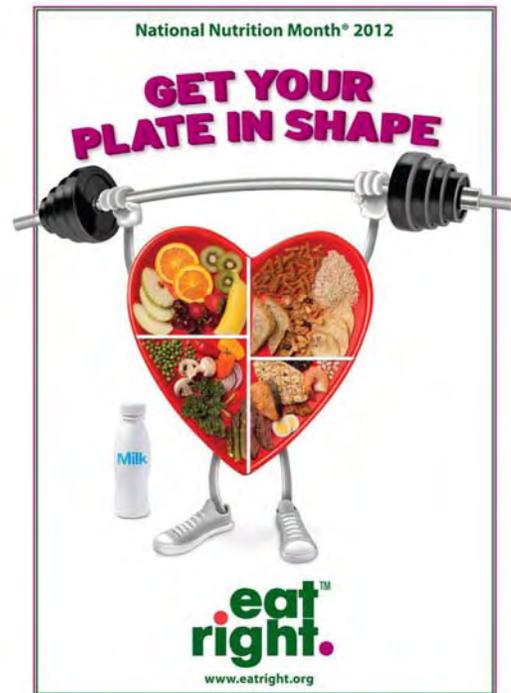
The successful nominee will have not less than 5 years and not greater than 10 years of practice experience (interrupted careers or time periods not in practice, are not to be considered in years of practice); active participation in state, national or district associations for at least 5 years; must have not previously been selected as RYDY or RDY; demonstrated concern for the promotion of optimal health & nutritional status of the population; demonstrated leadership in the Association, community or employment.

## Celebrate National Nutrition Month® *Get Your Plate in Shape*

Each March, National Nutrition Month® celebrates and reinforces the importance of making informed food choices and developing sound eating and physical activity habits.

The theme for 2012, *Get Your Plate in Shape*, supports the 2010 *Dietary Guidelines for Americans* and USDA's new food icon, MyPlate.

Learn more and view the NNM catalog at [www.eatright.org/nnm](http://www.eatright.org/nnm).



Food For Thought—Winter 2012



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HELENA, MT 59601

### In This Issue

VOTE now for AND elections, join the MDA board, nominate a co-worker, get a sneak peak of the great 2012 MDA FNCE and more...

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:

**May 1, 2012**

Quarterly Publication Dates:

**February 28**

**May 30**

**July 30**

**November 30**

## 2012 MDA FNCE Registration Form

Complete one form per participant.

2012 MDA Food and Nutrition Conference and Expo  
 May 9-11, 2012 ~ Hilton Garden Inn Kalispell Convention Center  
 1840 Highway 93 South • Kalispell, MT 59901

Registration is available by mail only at the present time. Online registration will be available in April.

Early bird registration is due by April 17th, 2012.

After April 17th, 2011 conference fee is a flat rate of \$225.00.

First Name (as you wish it to appear on name tag): \_\_\_\_\_

Last Name (as you wish it to appear on name tag): \_\_\_\_\_

Job Title (as you wish it to appear on name tag): \_\_\_\_\_

Professional Credentials (as you wish it to appear on name tag): \_\_\_\_\_

Organization/Affiliation (as you wish it to appear on name tag): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City, State, Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

MDA Members:	Check one	Check as applicable		
Attend 1/2 day	___ \$75.00	___ Wednesday	___ Friday	
Attend one day	___ \$115.00	___ Thursday only		
Attend Entire Conference	___ \$195.00			
<b>Non-Members:</b>				
Attend 1/2 day	___ \$100.00	___ Wednesday	___ Thursday	
Attend one day	___ \$135.00	OR ___ Friday only		
Attend Entire Conference	___ \$225.00			
<b>Retired Members:</b>				
	___ \$125.00			
<b>Students:</b>				
Attend Entire conference	___ \$75.00			
Working at the conference	___ \$30.00			
<b>Conference Planners</b>				
	___ \$175.00			
<b>Attending Alliance Activities:</b>				
MDI WORKSHOP Registration	___ Yes	Tues. afternoon & Wednesday morning		
MEDIA TRAINING WORKSHOP Registration	___ Yes	Wednesday morning		
Shelley Case Presentations, May 10th, 2012	___ \$75.00	Thursday afternoon only		
<b>Total Enclosed:</b>				
After April 17th, 2012 conference fee is flat rate of \$225.00	\$ _____			
___ Yes I will attend the evening reception on Wednesday, May 9th. ___ Yes I will attend the evening reception on Thursday, May 10 <sup>th</sup> .				

Please Make Checks Payable to:

Montana Dietetic Association (MDA) • Tax ID: 21-7124373

Send Registration Form and Payment to:

Montana Dietetic Association (MDA)

Attn: Tami Waite

3208 Turnberry Circle

Billings, MT 59101