

# Food <sup>for</sup> Thought

OFFICIAL NEWSLETTER OF THE MONTANA DIETETIC ASSOCIATION (MDA)



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## President's Message—RDs as Advocates

*"One person can make a difference and every person should try."*

*John Fitzgerald Kennedy*

I would like to acknowledge the efforts of Minkie Medora, Ginny Mermel and the members of the Public Policy committee for their role in crafting and supporting legislation to help childhood hunger in Montana. I would also like to express my gratitude to the Montana Dietetic Association (MDA) members across the state who contacted legislators in response to the action alerts. I feel that any increased awareness of the problem of food insecurity is beneficial and will enhance our chances for success in the future.

It is imperative that registered dietitians make their voices heard on issues we are passionate about and educate the public on why we truly are the "nutrition experts." I recently submitted the draft for a new nutrition services brochure to our marketing department at my organization. The staff felt the information which I had included on the credentialing of dietitians was **"interesting but not necessary or relevant for clients."** My response was that listing the requirements to become a registered dietitian was of critical importance, due to the increasing number of alternative providers who provide nutrition information. These individuals often refer to themselves as nutrition counselors, nutritionists or nutrition coaches. This is confusing and often leads people to assume they have degrees from accredited colleges and are health professionals.

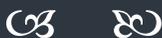
I invite each of you to find opportunities to share your nutrition expertise within your community. Over the past month, I have spoken to a community group on the importance of nutrition in Parkinson's disease; been quoted in a health related publication on "power foods," and asked to give a presentation on feeding preschoolers.

If you are looking for a place to serve, the MDA is working with the Montana Food Bank Network (MFBN) to establish a network of dietitians throughout Montana to serve as a resource to emergency food programs by providing nutrition education for their clients. The MDA Board of Directors also provides an exciting and fulfilling opportunity. Please contact me if you are interested in serving on the Board, it is a wonderful opportunity to give back to our profession. I look forward to seeing many of you in Bozeman for our 2013 MDA FNCE in May!

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

# Throw a Gratitude Gala

Reprinted courtesy of the author and Montana Women, March 2013,  
[www.montanawomen.com](http://www.montanawomen.com)

By Holly Alastra, RD, MSC

I was anxious all day yesterday, filled with little electrical pulses that pierced my stomach creating unease. A mild yet constant surge of adrenaline kept all the muscles in my body tense. By seven o'clock last night I was so miserable all I wanted to do was curl up in bed and retreat to my dreams. Looking back a day later, I can now see what caused the anxiety. I was resentful about my life situation. I had a mini mid-life crisis—a day spent wishing I could just run away to a desert island and escape it all. I didn't want to go to work with an overfull schedule, scrambling to get everything done, nor did I want to go home to the dishes piled in the sink and the dinner not yet made.

I suppose it was a typical day in the life of any working mother. I finally forced myself out of my warm bed on a meager six hours of sleep to face the mad pace: from home to job to home to dinner to dishes to homework to stories to bedtime to nightmares to child in bed with his head like a bowling ball jutting into my back all night until the alarm went off this morning and I buried my head under the covers and thought, *I CAN'T BELIEVE THIS IS MY LIFE!*

Why didn't I choose a higher paying career? Or maybe I should have married the corporate attorney when I had the chance. But really, I should have just followed my passion and became an artist. I may not be rich, but I'd love every minute of my work.

*Why didn't I choose differently? Why? Why? Why?* If I'm not careful, I can easily throw myself a palatial pity party with numerous reasons and hard evidence why my life is woeful. Attending this party, however, is not a good time. It's not only anxiety provoking, but it's also darn depressing to be so desperate for a new and different life, one in which I finally find the time to finish my memoir's fourth round of edits and make it as an author. Goodbye seven-to-four in the old building where I share a coed bathroom (if only someone would paint a bright red target in the bowl and fix the toilet that often decides not to flush). Hello home office in my PJ's!

It's a good dream, but I can easily doubt myself.

What if my goal of becoming a bestselling author is merely self-aggrandizement? What if I just don't have what it takes?

When I get like this, there's only one thing I can do: crash my pity party and throw a gratitude gala! Truly, I have a pretty great life. *Right now, just as it is.* I have it a lot better than so many human beings around the world, and even around our beautiful state.

Besides, not accepting my life won't change it. It *will* create more pain. I may not be fully satisfied with my current situation, but the mental angst I generate over wishing it were different makes me feel far worse than the actual situation. I believe our life is a reflection of our thoughts. I know if I want to be happy, I need to focus on the positive, on all that's good in my life. I know this. *I really do.* I just don't always apply it.

Thankfully, today is a new day. This morning, after my initial upset, I realized I needed an attitude adjustment, and fast. So I'm tearing up future invitations to the pity party, even if it is palatial, and I'm committing instead to the gratitude gala, an event where I notice, celebrate, and feel deep feelings of

appreciation for all that I have.

I'm so thankful for:

My husband who massages my legs for an hour or more at night when we watch TV, who is faithful, helpful, funny, and loving. What more could I want? My son who says and does all those little things that constantly put a smile on my face, who has taught me the true meaning of unconditional love. My job in which I get to help people improve on the level of their souls, not their superficial outer shell, and all the money in the world couldn't buy that kind of meaning.

The women in my life: my mom and sister and wonderfully bright friends who are always there when you need them, who add that special zest to your day the way only women can.

When I choose to acknowledge all of this, I am brought to tears of gratitude. The lump in my throat is no longer brought on by feelings of lack. Rather, abundance and joy overwhelm me. The gratitude gala really is a *grand* time. Please throw one for yourself soon, maybe even today!



 Academy of Nutrition and Dietetics



## National Nutrition Month<sup>®</sup> 2013



Learn more at  
[www.eatright.org/nnm](http://www.eatright.org/nnm)

"If you don't quit, you WIN." - Unknown



## 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)
- Secretary (2 year commitment)
- Member At Large—2 positions open (2 year commitment)
- Nominating committee member – 1 position open (2 year commitment)
- Professional Issues Chair—(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)
- Emerging Dietetics Leader
- Recognized Young Dietitian (less than 35 years of age)

For more information, please contact a Nominating Committee member:

- Brittney Turville [turville-brittney@aramark.com](mailto:turville-brittney@aramark.com)
- Chris Emerson [cemerson@mt.gov](mailto:cemerson@mt.gov)
- Chris Fogelman [cfogelman@mt.gov](mailto:cfogelman@mt.gov)

## 4-Health: Parent-Based Childhood Obesity Prevention Program *Montana State University Extension*

The 4-Health Program is an interactive parent education program for parents of 4-H preteens. Parents attend monthly sessions on how to prevent obesity within their family by applying skills in food and nutrition, physical activity, positive body image, effective parenting and family communication. Program participants work directly with their 4-H child and the rest of their family using take-home materials and activities. Using a retrospective pre/post evaluation that collected both qualitative and quantitative data, participants in the 4-Health Educational Program consistently reported significantly greater changes in behavior related to physical activity, body image, active parenting, and food and nutrition than did participants in the healthy living control group. Also, research analysis of the first year of the program has shown significant behavior changes in health-related behaviors and practices of parents and their preteens.

What 4-Health participants said about...

**Physical Activity:** "I have decided to start dinner 30 minutes later so I can play outside with the kids. We are doing things we all enjoy together and compromising on what we do. If I feel tired, I try to go for a walk or bike ride with the kids."

**Body Image:** "I am more aware of the way I listen to/respond to my daughter's comments about her body. It's more of a conversation now than it was before this program."

**Active Parenting:** "I do things with the children instead of telling them to do physical activity, realizing that I am their most important role model."

**Food and Nutrition:** "My family is now very aware of the importance of having a plate full of color. We now use whole wheat pasta and try to eat some sort of fresh vegetable or fruit daily."

For more information: *Lynn Paul, Professor, MSU Extension Food and Nutrition Specialist, (406) 994-5702, [lpaul@montana.edu](mailto:lpaul@montana.edu) or [www.4health.org](http://www.4health.org).*

## 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. Plans projects for the presidential year.

**Secretary** - Serves on the BOD and maintains minutes and attendance for the meetings. Verifies quorums, maintains the bylaws, maintains official membership list with addresses and contact information.

**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 (1)** - 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.

**Professional Issues Chair** - Acts as liaison between areas of practice, coordinating professional information for distribution to members, and works on an interdisciplinary team with other professionals.

**Recognized Dietitian of the Year (RDY)**

Nominees will be show 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 Association, 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, state, or district 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 Association, community or employment.

**Emerging Dietetic Leader**

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 health & nutritional status of the population; leadership in the Association, community or employment.

**Check out the  
Agenda!**  
www.montanadietetic  
association.org.



**Questions?**  
Beth Hall at  
[bhall@billingsclinic.org](mailto:bhall@billingsclinic.org)  
and/or Tami Waite at  
[twait@billingsclinic.org](mailto:twait@billingsclinic.org).

### 2013 MDA FNCE Registration Form

Complete one form per participant.  
2013 MDA Food and Nutrition Conference and Expo  
May 29-31 ~ Holiday Inn Bozeman Convention Center  
5 East Baxter Lane Bozeman, Montana 59715

Registration is due by May 3, 2013

After May 3rd conference fee is a flat rate of \$250.00, to be paid at the door.  
Check or exact cash only if paid at the door.

First Name:	Mailing Address:
Last Name:	City, State, Zip:
Job Title:	Phone:
Professional Credentials:	Email:
Organization:	

	Check one	Check as applicable
<b>MDA Members:</b>		
Attend one day (or half day)	<input type="checkbox"/> \$115.00	<input type="checkbox"/> Wednesday
Attend two days	<input type="checkbox"/> \$195.00	<input type="checkbox"/> Thursday
Attend entire conference	<input type="checkbox"/> \$225.00	<input type="checkbox"/> Friday
<b>Non-Members:</b>		
Attend one day (or half day)	<input type="checkbox"/> \$135.00	<input type="checkbox"/> Wednesday
Attend two day	<input type="checkbox"/> \$225.00	<input type="checkbox"/> Thursday
Attend entire conference	<input type="checkbox"/> \$250.00	<input type="checkbox"/> Friday
<b>Retired Members:</b>	<input type="checkbox"/> \$125.00	
<b>Students:</b>	<input type="checkbox"/> \$75.00	
Attend entire conference		
<b>Conference Planners</b>	<input type="checkbox"/> \$125.00	
<b>Speaker Attending Conference</b>	<input type="checkbox"/> No Fee	
<b>Attending Alliance Activities:</b> MDI WORKSHOP Registration		Wednesday morning <input type="checkbox"/> Yes, I am attending
<b>Attending Montana Dietetic Internship Luncheon</b> Meet the new Montana Dietetic Internship graduates, and networking		Friday MDI Luncheon <input type="checkbox"/> Yes, I am attending <input type="checkbox"/> I am an MDI Preceptor <input type="checkbox"/> No, I am not attending

Please Make Checks Payable to:  
Montana Dietetic Association (MDA) • Tax ID: 21-7124373  
Send Registration Form and Payment to:  
Montana Dietetic Association (MDA)  
Attn: Cari Johnson  
4501 Lux Ave  
Billings, MT 59101

## You Are Invited: From Food Bank to Nutrition Bank

Greetings Montana Dietitians,

I am asking for your help to improve the nutritional quality of local food pantries. This year at MDA's FNCE, the Montana Food Bank Network, Minkie Medora, MS, RD, and I have prepared a workshop for you titled "The Role of the Registered Dietitians in the Nutrition Bank: Working Towards Community Food Security." During this workshop, we will be developing plans and resources to encourage RDs to strengthen relationships and begin efforts for nutrition education at local food pantries.

This session will show how to empower food insecure people to create community solutions, discuss recruiting food pantry clients to various forms of nutrition education, and provide an opportunity to plan how RDs can be involved in this shift towards community food security. Each participant will receive a flash drive with the workshop results and contact information to grow the network of RDs involved in food pantries.

In an effort to give "real food" choices to emergency food pantry clients, it is imperative for those clients to have nutritious options and to feel empowered to choose the foods that are best for them and their families. After realizing the full scope of this task, Minkie Medora MS, RD, Jeff Gutierrez and I decided to request the help of the state's food experts.



I invite you to join this collaboration, no matter your previous experience, to work towards realistic, sustainable solutions to chronic hunger in Montana. I hope to see you Thursday, May 30 from 2:15-3:15 at the MDA FNCE.

Sincerely, Lindsay Ganong, Dietetic Intern 2013, [lrganong@gmail.com](mailto:lrganong@gmail.com).

## Nominations Needed for Award of Excellence in Nutrition Advocacy!

Are there people that you work with that are excellent advocates for nutrition? If so, consider nominating them for the MDA Award of Excellence in Nutrition Advocacy. Up to three awards will be given out at the annual meeting in May.

Nominations will be taken through 5 p.m. on March 31, 2013.

### The Criteria for this award includes the following:

- The nominee cannot be a member of MDA.
- The nominee must be a Montanan, and can be male or female, of any age.
- Nominee may be from the private or public sector.
- Nominee must have worked actively and consistently for a minimum of five (5) years in the promotion and support of food, nutrition and healthy lifestyles, demonstrating knowledge and understanding of the issues and policies involved.

The nomination form is posted [www.montanadieticassociation.org](http://www.montanadieticassociation.org) or can be obtained by contacting Ms. Melody Anacker at [manacker@montana.edu](mailto:manacker@montana.edu) or at (406) 994-6337.

## This Quarter's Quote

"Impediments are bricks for greatness. Achievement is not a function of a step, but a function of steps." - Unknown

## Delegate's Corner

This spring, the Academy of Nutrition and Dietetics House of Delegates will discuss the mega issue of **food and nutrition insecurity** in the United States. A mega issue is an overriding issue of strategic importance, which cuts across multiple goals or outcome areas. Mega issues address key strategic questions the organization must answer, illuminating choices the organization must make and the challenges that will need to be overcome in moving toward the envisioned future. Mega issues tend to articulate the questions that will need to be asked and answered by the profession in the next 5-10 years. This issue is more time sensitive. Due to the history and nature of food and nutrition insecurity in the U.S., it is an issue we must quickly address but understand that if or when eradicated, it is the social responsibility of the Academy and its members to assure that these insecurities do not reappear in the future.

**Mega Issue Question:** How can we as Academy members increase our awareness of food and nutrition insecurity and demonstrate our commitment to take action? (Editor's Note: See the invitation article to the left!)

Your input on this question is needed and wanted! Please let me know what you think.  
- Deb Jones, RD, LN, MDA Delegate,  
[djones@stpetes.org](mailto:djones@stpetes.org).



**March 13, 2013**

Commemorating the dedication of RDs as advocates for advancing the nutritional status of Americans and people around the world.

For celebration ideas visit [www.eatright.org/nnm](http://www.eatright.org/nnm).

**Food For Thought—Winter 2013**



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## In This Issue

Get details on the upcoming MDA FNCE, join the MDA board, weigh in on the RD's role in food security, nominate a co-worker, throw a "gratitude gala" 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, 2013**

Quarterly Publication Dates:

**February 28**

**May 30**

**July 30**

**November 30**