

## 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.

## Public Policy Workshop (PPW) March 22!

Mark Your Calendars to join us in attending the 2010 ADA Public Policy Workshop (PPW). It will begin on Monday, March 22, with PPW kickoff parties now being planned around the state.

The parties are a great time to network and to share effective strategies for mobilizing grassroots efforts and planning effective meetings with members of Congress.

Consider hosting one in your area; two parties are being planned for Bozeman and Billings thus far.

In the weeks following the PPW Kickoff, members will be able to view Webinars on detailed advocacy and public policy information.

Presentation dates, times and costs will be announced soon. CPEs will be available for each Webinar.

*Check out page 2 for more details....*



## this issue

Outstanding Conference in the Works! **P.2**

Lazy Leaders—Take it Home **P.2**

Public Policy Workshop **P.2**

MDA Needs You! **P.3**

Growing Resources and Sustaining People **P.3**

## President's Message

Having just returned from ADA's FNCE, it is apparent that these are exciting times for our association! ADA is definitely reorganizing itself and embracing change. ADA has formed alliances with strategic partners and formed a legislative task force and raised over 1 million dollars to leverage Congress to improve access to nutrition services for all Americans. For us here at home, ADA has also formalized its relationship with each state affiliate by assigning a manager to proactively respond to affiliate needs and concerns.

MDA also has some challenging work ahead of us. We are looking into several ways to communicate more effectively, including redesigning the web site, restructuring listservs and using free social networking sites like Facebook (see note below).

So if you would like to share and/or help us forge ahead with these goals we are very accommodating! Thanks and I look forward to working with you. Please give me a call or email me with any concerns or questions.

- Susan Jordan MS, RD, CDE; MDA President, [Susan.jordan2@ihs.gov](mailto:Susan.jordan2@ihs.gov) or [Drew4601@mac.com](mailto:Drew4601@mac.com); (406) 638-3553

## Send Me Your Pictures, Stories & Articles!

Do you have a picture, story, article or other interesting thing you'd like to share with MDA members? Then I am looking for you! Let's encourage one another and have fun at the same time. Please send me anything you'd like to have included in this newsletter, especially pictures, to [kpullman@mt.gov](mailto:kpullman@mt.gov). In that spirit, here is a picture of our very own **Dayle Hayes** and our Montana legislators during a September trip to Washington D.C. for a USDA workgroup.



## Facebook Anyone?

We will be starting an MDA Facebook page! Social Networking is coming to MDA. What a great way to keep in touch and share knowledge. Look for more details coming to your e-mail box soon.

## PPW Kickoff is Monday, March 22, 2010, 2-5:30 p.m. MST

Continued from front

Affiliate PPW Parties begin (allowing time for sign-in, networking, and refreshments)

2:00 – 3:00 p.m. Mountain Standard Time (MST)

Live Webinar Presentation

3:00 – 4:30 p.m. MST

Table Work (Skills & strategic planning for congressional district meetings)

4:30 – 5:30 p.m. MST

Educational Webinars will be presented in the weeks following the Kickoff detailing advocacy and public policy information for ADA members. Two Webinars per week will be presented for at least three weeks.

The exact dates, times and cost of the Webinars will be announced soon. **Two CPEUs will be available for each Webinar.**

The time is right to get involved with public policy as nutrition is the cornerstone of prevention and treatment. Our voice needs to be heard with health care reform and the upcoming 2010 Child Nutrition and WIC Reauthorization Act.

Please contact Katie Bark at [barksnmt@imt.net](mailto:barksnmt@imt.net) or Ginny Mermel at [mermelca@bresnan.net](mailto:mermelca@bresnan.net)



## Outstanding MDA Conference in the Works for 2010!

### Montana RDs Celebrate

**HEALTHY FOODS**

**HEALTHY LIFESTYLES**

**HEALTHY ENVIRONMENTS**

Join fellow Montana RDs for exciting educational and networking opportunities at the 2010 Conference, **June 10th, and 11th** at the lovely and convenient Hilton Garden Inn in Billings. This hotel participates in the Healthy By Design Program from Riverstone Health, which promotes healthful and environmentally-sound options for events and meetings.

The program promises to have something for everyone - with outstanding national speakers (several of whom are donating their fee to MDA). Some of the confirmed presenters (final program subject to change) include:

**Ronni Chernoff, PhD, RD**, former ADA President and internationally-known expert on nutrition and aging, currently Associate Director for Education and Evaluation Geriatric Research Education and Clinical Center (GRECC), University of Arkansas, College of Medicine, Little Rock, AR.

**Caroline Steele, MS, RD, CSP, IBCLC**, Clinical Nutrition and Lactation Services, Children's Hospital of Orange County, CA. Caroline is an award-winning, extensively-published expert on breastfeeding and neonatal nutrition.

In addition to sessions at the MDA meeting, she will present a pre-conference workshop, sponsored by the Montana State Breastfeeding Coalition.

**Lori Sigrist, PhD, CSSD, RD**, Program Director for US Army graduate dietetic programs through Baylor University in Texas. Lori has done research at Army's Natick Lab (MA) and will present research using the Internet and PDA for weight management programs, as well as career opportunities for dietetics professionals in the Armed Forces.

**Kate Willcutts**, Assistant Clinical Nutrition Manager and co-director of the surgical nutrition support team at the University of Virginia hospital. She has been the president of the Virginia Society of Parenteral and Enteral Nutrition and is a Certified Nutrition Support Dietitian. She is currently pursuing a Doctorate in Clinical Nutrition.

MDA's own experts, including **Krystie Nelson, Lynn Paul** and **Dayle Hayes...**

**Come for the meeting ... stay for the fun!** During the weekend of June 12-13th, Billings will host numerous fun family events, including the Heart and Sole Run (a variety of races) and the downtown Strawberry Festival.

## Lazy Leaders—Take it Home

The Lazy Leader Road Show, hosted by MDA, Eat Right Montana (ERM), and the Montana State Breastfeeding Coalition (MSBC), was a huge success! Katie Bark, Dayle Hayes, Tami Waite, and several Billings MDA members worked very hard to bring this grant-funded event to Montana and we are glad they did—the event brought in 80 attendees despite the first snow storm of the year!

Cynthia D'Amour shared many free tools and resources with everyone including a membership you can still sign up for at her online playground:

[www.chapterleadersplayground.com](http://www.chapterleadersplayground.com). The presentation focused on how to recognize all of your volunteers and appreciate the time they give. Participants learned how to be a Lazy Leader and how to appreciate Lazy Volunteers, even if they only give 5 minutes, they could be the best 5 minutes of your year!



A few MDA members recall what they learned:

*The most eye opening "fun fact" for me was learning to **ask the volunteers or team members why they are present...** what are their interests and what do they hope to gain from being a part of the project." Krystie Nelson RD, CNSD, LN*

*"One of the take home messages that stood out in my mind was that **it's ok to say, 'No' to taking on too much (that's why we recruit volunteers)**. It's ok to be lazy in that sense." Stephanie Selzler RD, LN*

*"One of the things I learned at the presentation was in order to have motivated/successful committees, **it is important to meet the needs of the members** (social, professional, and civic)." Therese Hrcirik RD, LN*

It's okay to say, "No"—that's why we have volunteers!

# MDA Needs You! Board Positions & Nominations

**Ask not what your association can do for you, what you can do for your association. Consider running for or nominating someone for MDA positions open 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)
- Treasurer (2 year commitment)
- Member at large – 2 positions open (2 year commitment)
- Nominating committee member – 1 positions open (2 year commitment)

**Recognize your colleagues for a great job. See descriptions for each award at right. Nominations are needed for:**

- 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)

If you have questions or nominations contact any one of the Nominating Committee members:

- Charlene Johnson, Chairperson, [charlene.johnson@ihs.gov](mailto:charlene.johnson@ihs.gov)
- Nonie Woolf, [wynona.woolf@ihs.gov](mailto:wynona.woolf@ihs.gov)
- Becky Brundin, [lbrundin@frontiernet.net](mailto:lbrundin@frontiernet.net)

## Growing Resources And Sustaining People

GRASP is a project of the Food Security Council and the Montana Food Bank Network. The project strives to: 1) strengthen the nutrition safety net and increase food security at the local levels, 2) improve quality of nutrition for low-income people and 3) create systemic changes in access to food by establishing local coalitions that will sustain the work.

**Dietitians can play a critical role in this work in your own counties:**

We are seeking participation from dietitians around the state to help with GRASP. Good nutrition is the cornerstone of preventive health and leads to better outcomes for children, adults and seniors.

**Below are just a few of the ways that dietitians can help at the local and county level:**

1. Local Food Banks: help to assess quality of food received, quality and quantity of food in food boxes, offer nutrition information to food bank client, join the local food bank board.
2. Work with your employer to allow dietary consultation for low-income people with serious dietary needs for chronic diseases, obesity prevention, etc.
3. Provide nutrition education classes in the communities that do not have an EFNEP or other Extension Nutrition programs.
4. Work with the GRASP project to look at lack of access to retail grocery stores, and to work with small, convenience stores to improve the nutritional quality of their food items.
5. Join your local GRASP Coalition to promote and increase participation in all public food programs like School Breakfast & Lunch, WIC, Senior Nutrition programs; develop community gardens in low-income neighborhoods; and increase access to local food by finding ways to make it affordable.

Please consider participation in this worthwhile project!

Contact Minkie Medora,  
[Minkie.medora@gmail.com](mailto:Minkie.medora@gmail.com)  
(406) 549-3413



### *This Quarter's Quote*

"Sometimes what people truly need is a bit of your heart, rather than a piece of your mind." - Unknown

## MDA Needs You!

*Continued from article at left:*

**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 and performs other duties as directed by the BOD.

**Treasurer** - Serves as a voting member of the BOD and maintains custody of all MDA funds. Keeps full, accurate and timely financial records and directs the preparation of the annual MDA budget. Reports the financial status of MDA to the BOD and MDA. Performs other duties as directed by the BOD.

**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 (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. Performs other duties as directed by the BOD.

**Recognized Dietitian of the Year 2009 (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 2009 (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 2009**

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.

## Message from your President-Elect

Dear MDA Members,

Happy Holidays MDA! I hope this newsletter finds you all well and warm. The bulk of my time has recently been spent working with 20 other MDA members on your 2010 conference! We are excited with how well the planning has been going and hope you will all be able to join us in Billings MT June 10<sup>th</sup> and 11<sup>th</sup>.

I would like to thank each of the conference planning committee members, THANK YOU. You have all done an amazing job and I am thankful to have you all helping. With 20 people the conference planning has been going smoothly and almost feels effortless since we are sharing the responsibilities.

If you want to get involved or just have a few conference ideas shoot me an email, [bhallrd@gmail.com](mailto:bhallrd@gmail.com).

Enjoy the Season,  
Beth



Food For Thought—Fall 2009



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### In This Issue

In this article, look for a recap of the Lazy Leader Road Show, and a “tickler” for the upcoming MDA conference, which looks great!

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:  
**February 1, 2010**

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