

# Food <sup>for</sup> Thought

OFFICIAL NEWSLETTER OF THE MONTANA DIETETIC ASSOCIATION (MDA)

## 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.

## CEU's from the Montana Geriatric Education Center

The Montana Geriatric Education Center (MTGEC) has developed two interdisciplinary programs for health care professionals. General and professional continuing education credit can be earned at a low cost; academic credit is also available.

Participants may choose from 25 modules which fall into three groups. The **core** modules provide an overview and background information suitable for all health professionals. The **health problems** modules provide in-depth information on the treatment of various disease states. **Geriatric screening** modules discuss the rationale and methods for screening geriatric clients for specific diseases. For more information: <http://mtgec.umontana.edu>



## President's Message

I would like to take this opportunity to say thank you to participating in our last board meeting and appreciate your patience, professionalism and energy. As you recall my primary goals center on three main areas:

- organizational structure
- membership benefits
- communications

We surveyed our membership to better target our improvement activities over the next year. In general our members are looking for the following:

- More *effective communications/networking opportunities*.
- Members want the ability to connect virtually with dietitians around the state.
- Members want MDA organized in local districts each resembling their own local fields and interests.
- Members want access to convenient and low cost educational opportunities.

We must reach out to our experienced members for their guidance and support and recognize that many newer members want definitive direction and timelines. Here is an example of what I am alluding to.

I had a new MDA member call me from Great Falls. She is new to the US and wants to get involved in the "State Dietetic Association". She asked me a very simple question.

*How do I get involved in MDA?*

How does a new member get involved in MDA? I learned from the Leadership Institute that you first have to identify what her interests are and what she is looking for in membership. She is young and tech savvy and first tried to find us on Facebook. I will plug her into the Electronic Communications Committee that Beth and I are in the process on establishing.

Here is another one. I had a master's student call me wanting to get local RD contacts in the Kalispell area so that she can finish up on her program. I invited her to become a "student member" of ADA as she is eligible for this membership. She sent her membership dues into ADA and did indicate Montana as her affiliate.

For me, these examples highlight three simple things that members and non-members when they decide to participate.

- Have fun
- Good Contacts and information
- New career or personal opportunities

Thanks and I look forward to a productive year.

- Susan Jordan MS, RD, CDE; MDA President, (406) 638-3553,



## this issue

Your 2009 MDA Board **P.2**

Delegate's Corner **P.2**

Health Care Reform **P.3**

BOME Report **P.3**

Lazy Leaders Roadshow **P.4**

## DELEGATE'S CORNER

### SEEKING INTERESTED MDA MEMBERS TO ATTEND House Of Delegates MEETING IN DENVER!

I am seeking a couple of MDA members who would like to see how exciting it is to shape the future of the dietetics profession! You are invited to accompany me to the House of Delegates meeting in Denver preceding the ADA's Food and Nutrition Conference and Expo (FNCE) in October.

The two mega issues up for discussion are health care reform focusing on the role the RD and the application of evidence-based practice to all areas of dietetics. All you need to do is to contact the House of Delegate Governance Team ([hod@eatright.org](mailto:hod@eatright.org)) to pre-register for the meeting.

All interested members must pre-register for the meeting by Thursday, October 8, 2009.

The House of Delegates meeting precedes FNCE on Friday October 16th and Saturday October 17th. I will receive the meeting agenda following the meeting planning scheduled July 9-12th.

I will start asking you for your opinions on key points for discussion just prior to the meeting. Thanks for letting me represent the Montana Dietetic Association!

- Deb Jones, RD, LN  
Your Montana Delegate  
[djones@stpetes.org](mailto:djones@stpetes.org) or (406) 444-2115.



# Your Board 2009

Office	Name	E-mail
<b>Voting</b>		
President	Susan Jordan	<a href="mailto:susan.jordan2@ihs.gov">susan.jordan2@ihs.gov</a>
President-Elect	Beth Hall	<a href="mailto:bhallRD@gmail.com">bhallRD@gmail.com</a>
Secretary	Lisa Murray	<a href="mailto:jlmurray04@msn.com">jlmurray04@msn.com</a>
Treasurer	Tamara Waite	<a href="mailto:twait@billingsclinic.org">twait@billingsclinic.org</a>
Delegate	Deb Jones	<a href="mailto:djones@stpetes.org">djones@stpetes.org</a>
Member-at-Large 1	Jessica Beacom	<a href="mailto:jebeacom@gmc.org">jebeacom@gmc.org</a>
Member-at-Large 2	Melissa Tyvand	<a href="mailto:mtyvand@chofa.net">mtyvand@chofa.net</a>
Member-at-Large 3	Melody Anacker	<a href="mailto:manacker@montana.edu">manacker@montana.edu</a>
Member-at-Large 4	Sarah Covington	<a href="mailto:scovington@gmc.org">scovington@gmc.org</a>
Nominating Committee Chair	Charlene F. Johnson	<a href="mailto:Charlene.johnson@ihs.gov">Charlene.johnson@ihs.gov</a>
Professional Issues Chair	Laura Fox	<a href="mailto:laurafox@rangeweb.net">laurafox@rangeweb.net</a>
<b>Ex-officio w/o Vote</b>		
Past-President	Didem Park	<a href="mailto:zmzmzm@bresnan.net">zmzmzm@bresnan.net</a>
Newsletter Editor	Kim Pullman	<a href="mailto:kpullman@mt.gov">kpullman@mt.gov</a>
Consultant Dietitians in Health Care Facilities	Linda Fredenberg	<a href="mailto:lfredenberg2@krmc.org">lfredenberg2@krmc.org</a>
Nominating Committee	Becky Brundin Nonie Woolf	<a href="mailto:lbrundin@frontiernet.net">lbrundin@frontiernet.net</a> <a href="mailto:wynona.woolf@ihs.gov">wynona.woolf@ihs.gov</a>
Public Policy Chair	Mary Ellen Holverson	<a href="mailto:nutribird@msn.com">nutribird@msn.com</a>
Public Policy Coordinator	Katie Bark	<a href="mailto:kbark@mt.gov">kbark@mt.gov</a>
Public Policy Coordinator	Lisa Ranes	<a href="mailto:ltranes@mtintouch.net">ltranes@mtintouch.net</a>
State Policy Representative	Minkie Medora	<a href="mailto:minkie.medora@gmail.com">minkie.medora@gmail.com</a>
Web Site Manager	David Rowell	<a href="mailto:drowell@mt.gov">drowell@mt.gov</a>
Board of Medical Examiners Liaison	Pat Bollinger	<a href="mailto:pbolling@bresnan.net">pbolling@bresnan.net</a>
Public Relations/ Media Representative	Katie Bark	<a href="mailto:kbark@mt.gov">kbark@mt.gov</a>
New Member Representative	Amy Hanavan	<a href="mailto:gorm1943@vandals.uidaho.edu">gorm1943@vandals.uidaho.edu</a>
CDR Representative	Pat Bollinger	<a href="mailto:pbolling@bresnan.net">pbolling@bresnan.net</a>
ADAF Fundraising Chair	Gen Armstrong	<a href="mailto:armstrong@vandals.uidaho.edu">armstrong@vandals.uidaho.edu</a>

### This Quarter's Quote

"Knowing is not enough; we must apply.  
Willing is not enough; we must do." - Johann Wolfgang von Goethe



## Board of Medical Examiners Liaison Report

As of July 13, 2009 255 registered dietitians hold Montana licenses for the practice of Nutrition. 233 live in Montana and 22 live in other states.

The Nutritionist Rules subcommittee of the Board met on July 7, 2009. Pat Bollinger and Mary Anne Guggenheim, MD represent the Board. Ex-officio members are Barb Hailstone, RD, Heather Petty, RD, Patti Steinmuller, RD and Tami Waite, RD. The committee approved some rules updates. A key addition defines "standards of dietetic practice" as "American Dietetic Association Standards of Practice and Standards of Professional Performance for Registered Dietitians" Other changes are administrative, addressing that our renewals are completed every two years on a staggered basis. Additional language standardizes nutritionists' rules with those of other professions regulated by BOME in requiring a timeline for reporting unprofessional conduct as detailed in [24.156.1307](#) to the Board or to the Montana Professional Assistance Program.

Allowing the usual time for the process the proposed rules should be online for public comment in September. See current rules [http://mt.gov/dli/bsd/license/bsd\\_boards/med\\_board/pdf/med\\_rules.pdf](http://mt.gov/dli/bsd/license/bsd_boards/med_board/pdf/med_rules.pdf) (Ch 13 pp54-58). Montana Professional Assistance Program <http://www.montanaprofessionallasistance.com/>

- Pat Bollinger, MS, RD, Nutritionist Member of MT Board of Medical Examiners, [pbolling@bresnan.net](mailto:pbolling@bresnan.net).

## Health Care Reform—Public Policy Update

As you have been hearing on the news, Health Care Reform (HCR) is a priority for our administration and our own Senator Baucus is helping to lead this effort. Working closely with the ADA, MDA public policy leaders visited our Senators' offices in Washington D.C. They specifically asked that medical nutrition therapy be part of the HCR bill. Also discussed was the:

- 2008 Child Nutrition Reauthorization Act. This act funds the child nutrition programs and the WIC program;
- SB 990 –The Supper Bill that will provide funding to feed dinner to students participating in the free and reduced school meals programs; and
- SB 934—The Child Protection and Health Promotion Bill that will require nutrition standards for all foods sold in schools.

As reported in the ADA Pulse, June 30<sup>th</sup> issue: "Montana Dietetic Association visits Washington

Leaders of the Montana affiliate visited Washington this week to meet with Sen. Max Baucus (D-MT) to encourage his support of nutrition measures in the Finance Committee health reform bill. As chair of the Senate Finance Committee, Baucus is a key decision-maker in the health reform process, and it is important that he understands the value of nutrition in every American's life. Lisa Ranes, RD, CDE; Minkie Medora, MS, RD, LN, and Ginny Mermel, PhD, CNS met with Sen. Baucus and Finance Committee staff to explain the value of nutrition for a healthy lifestyle.

*Focusing our efforts on key Congressional leaders, such as those on the committees dealing with health reform, is an example of using strategy and planning to advocate effectively in the political process."*

From Making a Difference (Editor's Note): "... if perceptions are reality, as the saying goes, then a conversation can change the world. This week, a few ADA members changed perceptions simply by telling a congressional aide - a physician detailed to Capitol Hill for the health reform debate - that if a Medicare screen showed a patient had pre-diabetes, the patient had the information, but nothing else. It was an 'ah-HA' moment, when he asked, 'you mean I can't refer the patient to you to help him get this under control before it gets worse?' The effects of penny-wise, dollar-foolish sick care policies became clear at least for one person working on reforming health care in the United States."

**If perceptions are reality, then a conversation can change the world.**

**Please consider attending the upcoming Health in Action Summit being sponsored by Senator Max Baucus which will occur at Montana State University in Bozeman on August 9-10, 2009.**

MDA also has lent our support to a soft drink (and sugary beverages) tax. MDA was one of 29 organizations to sign the letter from around the nation. You are encouraged to contact our Senators and Representative to ask for medical nutrition therapy to be included in the Health Care Reform bill and the other bills mentioned here. We need your voice and involvement in shaping public policy and welcome your involvement in the MDA public policy committee.

-Mary Ellen Holverson at [nutribird@msn.com](mailto:nutribird@msn.com).



### Montana Student Dietetic Association (MSDA) Hosts "5-A-Day 5K" Fun Run

The Montana Student Dietetics Association hosted their annual 5-A-Day 5K fun run April 25. Despite the snow-covered race course, 35 all but 5 registrants showed up on that chilly morning. This year's slogan was "Come Run with the Veggies!" Why such a silly slogan you might ask? At every corner along the race course there was a life sized fruit or vegetable to guide the runners along the correct path. We featured a banana, a strawberry, a pineapple, and many more. We had a mixture of walkers, families with small children, and competitive runners which made for an entertaining, exciting, and fun event. And of course, no race is complete without a post race snack of bananas, granola bars, and water. Maybe next year we should consider providing hot chocolate!

- Jessi Peretti, MSDA President  
[jperetti@gmail.com](mailto:jperetti@gmail.com)

## Message from your President-Elect

Happy July MDA,

Thank you! I appreciate all of you completing the Web site and conference planning surveys, the results have given us great direction for this year. The conference survey indicated you wanted LEADERSHIP education and you wanted something in Billings...so I am PROUD to announce that MDA has been chosen as a stop for the "Lazy Leaders Road Show."

**Cynthia D'Amour from the ADA Leadership Institute will be presenting in Billings on October 5<sup>th</sup>!** This is going to be a **GREAT** workshop for you to attend to sharpen your leadership skills. We hope you can mark this on your calendar and join us. To make the trip worth your efforts we are looking at adding some other meetings or educational events. Have a suggestion, LET ME KNOW! Thank you to Dayle Hayes, Tami Waite, Katie Bark, Susan Jordan, and Lynn Hellenga for helping make this happen.

What are we doing with your survey results?

- We are currently putting together our spring conference planning team, since 80% of you feel the conference is important!
- We are building a website team, and are looking for all of you creative technologically advanced MDA members! You told us you wanted to see some changes!
- We are building a Google groups listserv because 83% of you WANT this!!
- We are building district planning team, 80% of you want to see MDA take this step!

If you are interested in working with a great team of dietitians on any of these topics please let me know! I am easiest to get a hold of at [bhallRD@gmail.com](mailto:bhallRD@gmail.com).

Thank you for electing me to your board, I hope you will find I am doing my best along side of your incredible Board of Directors to help meet your professional needs. See you in October!

- Beth Hall, President-Elect, [bhallRD@gmail.com](mailto:bhallRD@gmail.com)

## Food For Thought—Summer 2009



PO BOX 1197  
HELENA, MT 59601

### In This Issue

Your help is needed to support RDs in the health care reform process—plus a complete 2009 Board Member list and much 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

Deadline for submissions  
for the next issue:  
**November 2, 2009**

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

## Check out these FREE resources from the Montana State University (MSU) Extension Program!

Now available for the summer season: 9 new Food Preservation Guides from MSU Extension – available online at

[http://extn.msu.montana.edu/Publications/ESCatalog/HOMEPublicHomeFood\\_and\\_Nutritionlist.asp?cmd=resetall](http://extn.msu.montana.edu/Publications/ESCatalog/HOMEPublicHomeFood_and_Nutritionlist.asp?cmd=resetall) or by mail:

### **Extension Communications & Technology**

<http://extn.msu.montana.edu/Publications/pubsordering.html>

Distribution Center

MSU P.O. Box 172040

Bozeman, MT 59717-2040

(406) 994-3273 or by e-mail at [orderpubs@montana.edu](mailto:orderpubs@montana.edu). A handling charge may apply.



MT200902HR \$0.00 "Canning Pickles and Sauerkraut"

MT200903HR \$0.00 "Home Canning Meat, Poultry, and Fish"

MT200904HR \$0.00 "Making Jams, Jellies, and Syrups"

MT200905HR \$0.00 "Home Canning Pressures and Processing Times"

MT200906HR \$0.00 "Processing Fruit, Tomatoes and Mixtures in a Pressure Canner"

MT200907HR \$0.00 "Drying Vegetables"

MT200908HR \$0.00 "Freezing Vegetables"

MT200909HR \$0.00 "Drying Fruits"

MT200910HR \$0.00 "Freezing Fruit"