

# The Link

A PUBLICATION OF THE MICHIGAN DIETETIC ASSOCIATION  
SPRING 2006 ISSUE 4



## From the President's Desk:



Judy MacNeill

Not too long ago, my daughter asked me about my collection of "big CDs." It took me a moment before I realized she was referring to phonograph records: my 45's and 33's. No, I am not old enough to have 78's, but I am old enough to know what they are! It really brought home the adage: the only constant in our life is change.

That is so true of our dietetic organization, at both state and

district levels. Michigan Dietetic Association was chartered in 1929 before the invention of television, computers or the internet. The most common form of communication was by mail. However, then, like now, MDA and the dietetic districts existed as an opportunity for members to network, share ideas, gain recognition, and acquire continuing education.

Interestingly, we most likely faced the same concerns as dietetic professions back then as we do now: other professions attempting to encroach into our field, the need to stay abreast in advancements in nutrition, and the desire to gain legal recognition as a professional.

The needs are still the same; the times are not.

*"Your MDA BOD and district leaders have been given the task of exploring how we can continue to thrive and meet the needs of the members in this changing world of ours."*

*Many of us face cutbacks, downsizing, and cost containments in our place of work that limit our ability to attend conferences or pay professional dues.*

*More is being asked of us with less time and resources as we attempt to compete in a global market.*

*And, of course our method of obtaining information and communicating with others has drastically changed especially in the last 15 years.*

MDA and the nine districts face a challenge: update to meet the needs of the 21st century nutrition professional, or face the same fate as my record player, tucked away and forgotten. The writing is on the wall. Two dietetic districts in Michigan have already disbanded, and another is on its way. Many are struggling to find members and volunteers. Clearly we cannot continue in this direction.

Your MDA BOD and district leaders have been given the task of exploring how we can continue to thrive and meet the needs of the members in this changing world of ours. A transition team has been formed, and you will be regularly updated as to the progress of this team. I am also asking YOU for your ideas...how do you see the state and local dietetic associations better meet-

ing your needs? As I mentioned in previous letters, just like geese, if we band together, we accomplish so much more. Let's work together on this challenge!

Judy MacNeill, MS, RD, CDE  
President, MDA 2005-2006

## ADA Public Policy Workshop 2006 – It's Now!

By Charity Simpkins, RD

ADA's Public Policy Workshop (PPW), scheduled for March 14 - 16 in Washington, D.C., is a policy event you will not want to miss. Lunch on Wednesday will highlight Mike Johanns, Secretary of Agriculture, as the keynote speaker. Other featured speakers include Sen. Tom Carper (D-DE), Rep. Diana DeGette (D-CO), and State Representative Amanda Aguirre. Rep. Aguirre is both an RD and a member of the Arizona House of Representatives. Rep. Aguirre will talk about "Opportunities to enhance the professionalism, credibility and recognition of the profession."

Meeting with a congressional member or staff person is an effective way to convey a message about specific issues. Building a strong grassroots program is essential to the Association's policy initiatives and advocacy work. These skills and principles can be gained or enhanced by attending the PPW. Registration forms are available, along with a complete agenda, at [www.eatright.org](http://www.eatright.org). If you have further questions, contact Charity Simpkins RD, at (989) 343-3224 or [csimpkins@wbrmc.org](mailto:csimpkins@wbrmc.org).

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# ADA's Affiliate Recruitment Challenge

By Stacey Weintraub, ADA

Due to the positive response we received from affiliates last year ADA will once again provide affiliates with the opportunity to offer new members a special promotion. Similar to last year if non-members take advantage of the promotion, and join in the early months of 2006 they will receive up to the last three months of the 2005-06 membership year at no charge-- upon their joining for 2006-07.

The number of months the new member receives free is of

course dependent upon how quickly they take advantage of the offer. Affiliates can also waive the \$25 application fee, so they can offer 15 months of membership for \$200, the regular price for 12 months. ADA is putting together a challenge for affiliates to recruit members (with some friendly competition among like sized affiliates) that will begin on March 1. Stay tuned for further details.

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## ADA Membership

On January 3, 2006, ADA had 63,029 members. Although Fiscal Year 2006 will not end for more than four months from that date, ADA has already surpassed the Fiscal Year 2005 membership number. *What is so significant about the current ADA membership total — and why is it cause for celebration?* ADA has not ended a membership year with more members than it had in the previous year since 1997-98.

ADA CEO Ronald Moen extended a personal thank you to all ADA members for their diligent efforts to spread the word about the new ADA and the indispensable resources it offers. Without the members' dedication to and belief in the Association ADA would not have been able to achieve this milestone. We still have several more months to go before the membership year officially ends. Continuing your diligent recruitment and retention efforts will further this remarkable accomplishment.

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## 100 Days to Health

By Kelly Ramseyer, Wayne State University Senior Dietetics Student

Recently, I had the opportunity to participate in a health fair at our local community center in Canton. The health fair is one of many activities planned throughout Canton's "100 Days To Health." The program's purpose is to promote physical activity, nutrition and weight management, and stress management.

"100 Days To Health" began three years ago when the Saint Joseph Mercy Health System's Community Advisory Council assessed community needs. Several members of the Advisory Council also worked with Canton Leisure Services. As part of their community needs assessment, the Advisory Council sent a survey to Canton residents regarding the 7 Healthy Habits (never smoked, drinking less than five drinks at one sitting, sleeping 7-8 hours a night, exercising, maintaining desirable weight for height, avoiding snacks, and eating breakfast regularly.) The survey results showed a great need for health related programs.

Since its inception, the number of participants has grown. Each year brings a new opportunity to educate the public on important health and nutrition issues. In the past, themes have included 7 Healthy Habits, 5-A-Day (fruits & veggies), 3-A-Day (dairy & weight control), and this year's theme is the New Food Guide Pyramid. The sponsors include Canton Leisure Services, St. Joseph Mercy Health System, and the Canton Community Foundation. Currently, Amy Lockmond, Director of the Canton Leisure Services, orchestrates the "100 Days To Health" program.

Seeing a community so involved with the well-being of its residents is truly exciting as a dietetic student and as a member of the community. I was greatly encouraged at the participants' interest at the health fair. Perhaps other communities will be

inspired to start a program similar to Canton's "100 Days To Health!" Please encourage your clients and friends in Canton and surrounding communities to participate in this year's 100 Days to Health programs:

**Date:** January 28 – May 6, 2006

**Registration:** Includes – small fee to be announced, a packet containing a calendar of events and activities, helpful health tips, food intake logs related to the Food Guide Pyramid, and a tote bag. **Call 734-394-5498 or the 100 Days Hotline at 734-394-5496 to register or for more details.**

**Activities:** Cooking/Health related classes; local grocery store tours; exercise classes, community breakfasts, and a free day every Thursday at the Summit. Gifts and prizes will be awarded throughout the program.

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## Best Practice Tips

By Lee McDonagh, RD, CDE

1. Give people a bowl and measuring cup. Ask them to put 3/4 cup (or whatever serving you want) in the bowl. Then pour in measuring cup to see how accurate it is. Use different size bowls to emphasize how the same amount of cereal looks in different bowls.
2. Do the same thing with glasses - use 16 oz, 8 oz, etc and have them fill the glass with as much liquid as they usually drink (use water, if they spill it cleans up easily.) People don't realize how much they are drinking with these glasses. Find a really large (32 oz) cup and show them how many 8 oz portions are in that cup.

# Delegate Report – March 2006

Eileen Mikus, MS, RD, CDE

Issues to be addressed at our Spring House of Delegates meeting in Chicago April 29-30:

**Mega Issue #1: How do dietetics professionals and ADA apply what we have learned over the past year about ensuring a safe and adequate food and water supply in the event of a disaster in the U.S.?**

## DILEMMA

- Almost every state in the U.S. has been, or is at risk for being, affected by a disaster that could impact the food and water supply.
- Former Health and Human Services Secretary Tommy Thompson said he was “still not comfortable” about the safety of the US food supply.
- In the 2006 budget proposed by President Bush, the “Food and Drug Administration request is almost 4% over the prior budget, to about \$2 billion. Much of the increase would expand food security and avian flu programs.”
- Government shortfalls place restraints on programs, setting some social programs up to be inadequate.

## WHAT WE KNOW:

- The ADA position paper on Food and Water Safety addresses collaboration among dietetic professionals and others to ensure the safety of the food and water supply by educating, promoting technologic innovation and applications, and supporting further research.
- Dietetics professionals, by their training and scope of practice, are in a unique position to take a global approach to the provision of a safe food supply.

## CONCERNS FOR DISASTER PREPAREDNESS:

The following concerns were expressed by members participating in the electronic dialogue and by delegates affected by major disasters.

- Adequate training of dietetics professionals
- Roles and use of dietetics professionals pre/during/post disaster  
Power shortages
- Unintentional contamination (human or natural causes)  
Inoperable energy and water plants

**Refer to** “Suggested Ideas for Action - Food and Water Supply” list: [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/governance\\_8030\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/governance_8030_ENU_HTML.htm) This list is based on the Spring of 2005 electronic dialogue regarding this topic.

Please provide Eileen Mikus with any additional ideas that should be considered by Friday, April 21, 2006. You can reach Eileen at: [emikus@freeway.net](mailto:emikus@freeway.net) or leave a message at 231-539-7330.

**Mega Issue #2: Where should ADA focus to add value for members and the profession? How do strategic efforts initiated over the past 3 years support the profession and what will be needed going forward?**

## ADA STRATEGIC GOALS

### Build an aligned, engaged and diverse membership

- Influence key food, nutrition and health initiatives
- Impact the research agenda and facilitate research supporting the dietetics profession
- Increase demand for and utilization of services provided by members
- Empower members to compete successfully in a rapidly changing environment
- Proactively focus on emerging areas of food and nutrition



## IMPACT OF THE DUES INCREASES OF 2003 AND 2004 ON THE ACHIEVEMENT OF THE STRATEGIC PLAN:

- Dues increases, improved investment reserves, and organizational efficiencies have dramatically changed the course of the Association’s financial picture allowing the Board of Directors to invest in new programs.
- ADA’s membership was declining from 1998 through early 2005. ADA has already surpassed last year’s member numbers which are likely to continue to grow
- The membership turnaround may be related to enhancements in member benefits, products and services, coupled with no dues increase for 2005-06.



A complete copy of the Backgrounder on this topic can be accessed from: [www.eatright.org/cps/rde/xchg/ada/hs.xsl/governance\\_8030\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/governance_8030_ENU_HTML.htm).

## DELEGATE CONTACT INFORMATION

**Eileen Mikus**, MS, RD, CDE is the delegate for Michigan and can be contacted at: [emikus@freeway.net](mailto:emikus@freeway.net) or 231-539-7330. Please share your thoughts! Your Delegate can be your voice in the Association only if she knows what concerns you have!



# Michigan Dietetic Association Institute Scholarships

By Ann Jay, MS, RD

The Michigan Dietetic Association Institute (MDAI), Inc. is a tax-exempt foundation established by the Michigan Dietetic Association in 1980. A Board of Trustees including MDA and public members guide the activities of the Institute. The mission of MDAI is to provide scholarship support for advancing dietetics in Michigan.

The Michigan Dietetic Association Institute Trustees are pleased to announce the availability of eight scholarships this year!

## They include the following:

- One scholarship from the Michigan Dietetic Association: \$750
- One MDA Institute: \$750
- One MDA Institute Graduate Scholarship: \$750
- One Bernice Hagelshaw Scholarship: \$750
- One Tri-City Council for Dietetic Education Scholarship: \$750
- One Delphine Rutkowski Memorial Scholarship: \$750
- Two Suzanne J. Bosserd Scholarships: \$750 each

The eligibility criteria, application form, and all related instructions can be found via the MDAI Scholarship web link on MDA's homepage: <http://eatrightmich.org/home.asp>.

## Applications are mailed to:

Ann Jay, MS, RD  
Central Michigan University  
Wightman 205  
Mt. Pleasant, MI 48859

Those receiving awards will be notified by April 25th and recognized during the awards program at MDA's Annual Conference, Thursday May 18th dinner reception. Winners are encouraged to be present. If you have any questions, contact me via e-mail at: [jaylaf@cmich.edu](mailto:jaylaf@cmich.edu)

## Member Information Update

**Attention all MDA members!** If your email address has changed over the past year or you are not receiving blast emails from MDA please send your current email address to Linda Harrison at: [lharrison@eatrightmich.org](mailto:lharrison@eatrightmich.org)  
You won't want to miss these up-to-the-minute information emails. Being a part of the blast email directory keeps you linked to MDA dietitians throughout the state.

## SPOTLIGHT ON A MEMBER

### Barbara Saulter, MA, RD

By Ann Hoffman, RD, CDE



Barbara chose to highlight her experiences as a Field Specialist, for this feature of In the Spotlight. Her dedication to dietetics however goes beyond this position, since she is currently SEMDA President, and also serves as an Adjunct Instructor at Wayne County Community College District in the Food and Nutrition Division.

Barbara is a consultant for EcoSure, a division of Ecolab, and a sister division to the Ecolab institutional Division. Ecolab supplies foodservice facilities with their cleaning chemicals and ware washing products. EcoSure provides food safety and quality information to restaurants, foodservice facilities, supermarkets, and manufacturers. As a Certified Field Specialist, one of her duties is to audit fast food and full service restaurants. She evaluates their adherence to food safety standards, sanitation, public health principles, employee/customer safety, and measures compliance with the current FDA Food Code and company standards. In these facilities, she takes temperatures, evaluates for proper hand washing, proper chemical storage, and also monitors for possible cross contamination issues. This position requires a Registered Dietitian, or a Registered Sanitarian with food service experience. Of the more than 200 Certified Field Specialists, over 90% are RDs.

While visiting a facility, Barbara is viewed by the manager and staff as a consultant and coach. She is there to help them prioritize food safety opportunities, and to coach them on any needed corrective action. EcoSure is helping to increase the level of food safety compliance in restaurants by raising the awareness of the employees. Everyone wants to do a good job, but education is necessary to assure this. And that's where Barbara, the Field Specialist, comes in. She is fortunate that this position requires two things that she loves – evaluation and teaching.

She is able to share some of her knowledge and expertise with people who are eager to receive it. Barbara says it is this sharing that gives her great satisfaction. She is proud of being an RD and truly enjoys being the "Food Safety and Nutrition Expert" to the foodservice industry. Michigan Dietetic Association thanks Barbara for her commitment to promoting the profession of dietetics and for her involvement in our Association!

# MDA Conference Highlights

By Mary Angela Niester, RD, MPH

We are only two months away from this year's MDA Conference! "Michigan Nutrition Professionals: Leading the Way" is our theme and with the caliber of speakers and topics, you will not be disappointed. Here is a brief overview of what you can expect:

**THURSDAY:** We are proud to offer the diabetes workshop for our pre-conference on Thursday. The program is sponsored by Omni Communications, through an unrestricted grant from LifeScan, Inc. It's an exciting program and Michigan is fortunate since only six of these workshops will be offered nationally in 2006. Stick around Thursday night for our special "Showcasing our Future" event, where we will be recognizing new members, students, and interns. MDAI scholarship awards will be presented during the dinner and a special reception is being planned for all members. Come meet new people and catch up with some of your old friends!

**FRIDAY:** Our Friday conference is packed with speakers from around the country, as well as healthcare professionals from our own backyard. Nationally recognized speakers, **Mindy Hermann, Jenny Bond** and **Dr. Susan Johnson** will kick things

off. This year, significantly more time is provided for you to visit with **exhibitors** and learn about what your colleagues are doing during the Poster Session. Friday's breakout sessions offer you the opportunity to learn about the latest research on Nutrigenomics, Sports Nutrition, Dyslipidemia in Diabetes, and Bariatric Surgery. Later that night, relax with conference attendees as we celebrate the successes and achievements of Michigan nutrition leaders receiving MDA's most distinguished awards during the **Dinner Awards Ceremony**. Afterwards, a special reception is planned to recognize SEMDA's 10th year anniversary and to learn more about its history.

**SATURDAY:** We are excited to have our MDA Lobbyists, Mike and Kathy DeGrow, and ADA's Cecilia Filetti, who will be discussing important issues affecting the profession. Enjoy one of two breakout sessions: Michigan Public Health Institute's "Better Bones, Brighter Futures", an osteoporosis prevention training and a combination of "Hydration Issues" presented by Cecilia, and "Hot Topics in Long Term Care" presented by Jeanine Mullen, RD of Trinity Health Services. End the day with a demonstration on vegetarian cooking by Chef Kevin Dunn, from the nationally renowned Hospitality Education Department at Grand Rapids Community College.

Did I mention that there will be two ways to win free attendance at an MDA conference? See the brochure, in your mailbox soon, for further details! Register early as space is limited.

## Help the MDA Institute

By Laura Perrett, MS, RD

A tisket, a tasket, there will be many baskets available to bid on Friday during the MDA Conference. The bountiful baskets, donated by the districts and individuals will have an assortment of goodies and gifts. Plan to take a few minutes during the conference to select your favorites and place your silent bids. All proceeds will go to the MDA Institute for scholarships.

MDA will also have a beautiful handmade quilt on display at the Conference. The quilt was donated by MDA Member Marilyn Mook and is also available for bidding. Tickets are 3 for \$10.00. A keepsake as well as a conversation piece, you won't want to miss this opportunity! You can purchase a quilt raffle ticket from any district president, MDA Institute board member, or MDA board of directors member listed on the MDA website: [www.eatrightmich.org](http://www.eatrightmich.org). For more information, contact me at: [lperrett@aol.com](mailto:lperrett@aol.com)

## CALL FOR ABSTRACTS

Laura Perret, MS, RD

Laura Perrett, Poster Session Chair, is looking for nutrition professionals to submit abstracts to be considered for this year's conference poster session. If you are interested in displaying the results of projects or research that would be relevant to conference attendees, please contact Laura at [lperrett@aol.com](mailto:lperrett@aol.com).

## Michigan Nutrition Professionals: Leading The Way

## Working with the Media

Ann Hoffman, RD, CDE

Media Training, offered November 2005, provided an opportunity for several MDA members to further develop their skills with the media.

As a result, the following RDs are now serving (or soon to be serving) as Michigan Media Representatives:

Beth Thayer, ADA National Spokesperson	Ann Hoffman
Jessica Butcher	Laura McCain
Janet Dominowski	Emily Kregel
Julie Feldman	Emily Ostrowski
Dana Fillmore	Brenda Stoddard
Diane Fischer	Heather Stanley-Sutton
Kristy Fox	Amy Thompson
Susanne Gunsorek	Joan Trute
Kim Hantz	Robin Ann Williams
Mary Jane Hofelich	Tammie Wood

If you are interested in becoming a Michigan Media Representative, please contact, Ann Hoffman, MDA, Director of Marketing, at: [ahoffman@chs-mi.com](mailto:ahoffman@chs-mi.com)



# The Link

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## MDA BOARD OF DIRECTORS

President: Judy MacNeill  
Pres Elect: Heather Stanley Sutton  
Sec/Treasurer: Michele Naylor  
Sec/Treasurer Elect: Karen Schmitz  
Delegate: Eileen Mikus

### At Large Directors

Membership: Nancy Kennedy  
Communications: Tonia Reinhard  
Legislative: Laura Freeland Kull;  
Charity Simpkins  
Prof Development: Mary Angela Niester  
Marketing: Ann Hoffman

### Non-Voting

Nominating Chair: Lee McDonagh  
MDA President: Debbie Cicinelli-Timm  
Executive Director: Susanne Consiglio

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# NATIONAL NUTRITION MONTH

This year's theme for National Nutrition Month is  
*Step up to Nutrition and Health.*

### ADA's key messages, this year include:

- The food and physical activity choices you make today – and everyday – affect your health and how you feel today and in the future. Eating right and being physically active are keys to a healthy lifestyle.
- Make smart choices from every food group. Give your body the balanced nutrition it needs by eating a variety of nutrient-packed foods every day. Just be sure to stay within your daily calorie needs.
- Get the most nutrition out of your calories. Choose the most nutritionally rich foods you can from each food group – those packed with vitamins, minerals, fiber and other nutrients but lower in calories.
- Find your balance between food and physical activity. Regular physical activity is important for your overall health and fitness plus it helps control body weight, promotes a feeling of well - being and reduces the risk of chronic diseases.
- Play it safe with foods. Prepare, handle and store food properly to keep you and your family safe.

**IT'S NOT TOO LATE...**

**to utilize some of the NNM materials, posted on the ADA web site.  
Log on to: [www.eatright.org](http://www.eatright.org), and click on "NNM 2006 News".**

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