

**BREAKING
NEWS ON BILL
INTRODUCED
JANUARY 27,
2004
See page 4**

Michigan Dietetic Association

The **LINK**

Michaline Raczka RD, CDE
President's Update
2003-04

Winter Web Edition 2004

From the Board of Directors...

A brief summary is provided to update members on current MDA Board projects and actions.

- On September 13, MDA exhibited at the Annual Michigan Association of Physicians Assistants Annual Conference. In addition, Sandra Parker was a speaker for a breakout session on nutrition and childhood obesity.
- In May, MDA will be an exhibitor at the Chronic Disease Conference in Lansing. We are focused on our commitment to have dietetic professionals be acknowledged as the nutrition expert.
- Melissa Tolan-Halleck will represent MDA on a planning committee for the *2004 Conference on the Prevention, Treatment and Management of Overweight and Obesity*.
- In conjunction with our image campaign, MDA will be hosting a Public Forum on Childhood Obesity on Saturday, May 1 in conjunction with our annual conference. The ENERGY Task Force is taking the lead on this project. Watch for opportunities to volunteer.
- Watch for the MDA ballot on our website (www.eatrightmich.org) in January. Exercise your opinion and vote. See information included in this newsletter.

Stay tuned for more updates from the MDA Board of Directors.

Michaline

...Celebrating 75 Years

**MDA Annual Conference
April 29-May 1, 2004
Troy, Marriot**

Conference Chair
Cathy Lynn Francke, M.S., R.D., CDE

In addition to an agenda for learning as part of the MDA 2004 Annual conference we look forward to celebrating MDA's 75th Birthday at a reception hosted by MDA's past presidents. Renew friendships from across the years of miles and Smiles.



Remembering who, what, where, when and why!

Contact your District President (see p. 2) for details of the member recruitment promotion and free Annual Conference registration for a new MDA member and the lucky person who recruited this member.

Discover MDA- Visit Us Often at www.eatrightmich.org! (See p.6)

VOTE TODAY

Cecilia Fileti, MS, RD, FADA from Michigan is nominated for ADA Board of Directors "Director at Large" See p. 10 for details. *and*

Carol Sichterman, MA, RD, LD from Michigan Is nominated for Professional Issues Delegate Food & Nutrition Management

See p.11 for details

This is on the general ADA ballot - all ADA members can vote.

Cecilia and Carol are both longstanding member's of MDA, with extensive experience in leadership at the MDA and ADA level - vote for Cecilia and Carol when you get your ballot **TODAY!**

MDA Goes to WASHINGTON

Michigan is sending Dietitians to represent MDA at the Public Policy Workshop, Washington DC from March 23-25, 2004.

If you are attending and interested in meeting with other Michigan Dietitian's please email Birgit with your FAX NUMBER and she will assist you in Linking you up with the Michigan folks attending.

Thanks for your participation in a great year to be involved. Michigan's' Fred Upton helped put MNT into Medicare's critical care package, and Michigan may have a chance at getting Licensure very soon! Your grass-root support makes a difference!

Birgit Trubey
btrubey@hanselcenter.org

2003-2004 District Presidents

AADA	Diane Racicot
FDDA	Pat Schofield
LDA	Karen Giles-Smith
NMDA	Jennifer Carlson
SEMDA	Kevin Sarb
SWMDDA	Tammie Wood
TCDA	Charity Simpkins
UPDA	Marli Carlson
DWM	Cathy Cimbalk

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Please email articles for eLink

Save The Date

MDA Annual Conference
April 29-May 1, 2004 (Thurs-Sat)
Troy Marriot

Win Free Registration to MDA's 2004 Annual Conference (a \$200+ value)! Generously donated by Ocene Naglik.

Thank You Ocene.
Look for Contest
WINNERS here!!!

Contest Guidelines:

1. Obtain a Documentation of Harm form from the MDA website.
2. Submit one case of Documentation of Potentially Harmful Nutrition Information and/or Products to be eligible to win free registration to the 2004 MDA Annual Conference.
3. Documented incidents must have occurred in Michigan between January 1999 to March 1, 2004.
4. All cases must be sent/postmarked by March 1, 2004 and returned to:



Email (preferred method):
Laura Freeland Kull at LKull@madonna.edu Or

Snail mail:
Laura Freeland Kull, M.S., R.D.
MDA At Large Director of Legislation
23917 Whittaker
Farmington MI 48335 Or

Fax:
248.476.3660

5. Contestant names will be placed in a drawing and one winner will be selected for free registration. For each case of harm submitted, contestant's name will be entered in the drawing (that means you can send in as many as you have!).
6. Please note that the Documentation of Harm forms must be completed thoroughly in order to be eligible for the drawing.

Who is eligible????

All MDA members, includes Board members, Dietetic **Students and Interns** (*must be co-signed by an RD*), and this year non-MDA members are also eligible!

For further information about this contest, please contact:
Laura Freeland Kull: LKull@madonna.edu

**If dietetics is your profession,
politics is your business!**

Legislative Update:

Call to Action! MDA needs your help. The MDA Legislative Team is gearing up for another fight for licensure. It will take the involvement of all members for this to be a success. Here are some ways you can help:

1. The Legislative Team is currently collecting data for Licensure. We need Documentation of Harm forms filled out by MDA members and non-MDA members. This data is vital to show that RDs protect the public. If you have an example of when a patient was harmed by inappropriate nutrition advice please take the time to document the incident on the Documentation of Harm forms, found on the MDA website, www.eatrightmich.org, go to the members only section and click on legislative activities. Also, see the info on the Documentation of Harm Contest in this LINK issue!
2. The Legislative Team is still looking for volunteers. If you would like to help with **one** task contact Laura Freeland Kull at LKull@madonna.edu
3. Watch for updates in the coming months and be ready to contact your legislators when the time is right. We will need emails/letters written to get our voices heard.

Legislative Update:

4. Tell your friends and colleagues about the importance of the licensure issue. Do not assume that all RDs know about MDA's current goals. We need networking to get everyone involved.
5. Consider donating money to the MDA PAC (Political Action Committee). We need money to get things done in Lansing. Any contribution is welcome. Contact Laura Freeland Kull at LKull@madonna.edu if you are interested.

BREAKING NEWS January 27, 2004

Our licensure bills have been introduced! They are Senate Bill S920 introduced by Senator Toy and House Bill HB5408 introduced by Representative VanderVeen. MDA Legislative updates will be available on the website. Also, you can check out the bill at www.michiganlegislature.org simply type in the bill numbers in the search tool.

Michigan Dietetic Association

INSTITUTE

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November 25, 2003

Dear MDA Members,

It has been my pleasure to serve as President of the Michigan Dietetic Association Institute this past year. The Michigan Dietetic Association (MDA) established the Michigan Dietetic Association Institute (MDAI) in 1980 as a tax-exempt Foundation. With an operating budget and a Plan of Work, the Board of Trustees of the MDAI direct the activities of the Institute. Members of the Board for 2002-2003 were President-Ann Jay; Vice-President-Tonia Reinhard; Secretary-Jane Hedges; Treasurer-Karen Bettin (Diane Fischer upon Karen's resignation); and Account Executive-Dorothy Mitstifer. Additional Trustees include: Cathy Fitzgerald, Theresa Han-Markey, Lee McDonagh, Quentin Moore, Julia Moses, and Kay Pomeroy.

Our major accomplishments for the year included:

- o MDA website now has a link to our own MDAI website <http://www.eatrightmich.org/mdai.asp>. The website includes links to the MDAI donation form, list of Scholarship Recipients, Scholarship Biographies, and Scholarship Forms.
- o Completed the third annual fundraising drive of the MDA membership. A total of \$1,175 was donated. The Communication and Public Relations Committee held a fundraising activity-baskets filled with local "goodies" were donated from state district dietetic associations and dietetic practice groups. They were raffled through a silent auction at the Annual Michigan Dietetic Association. Eleven baskets were donated for a total of \$745.00 raised.
- o The Scholarship Committee Awarded a total of 12 scholarships at the MDA annual conference in Midland.

The MDAI Board of Trustees wishes to thank the MDA and individual MDA members for their support and donations this past year. Thank you to the district associations and dietetic practice groups for donating the fundraiser baskets. Thank you to Linda Harrison, MDA Webmaster, for volunteering her time and expertise in creating and updating of our website.

It's time again for our annual "Dietetics for Tomorrow" campaign for the Michigan Dietetic Association Institute (MDAI). This fund-raising project is a grass-roots effort and asks Michigan Dietitians for support so we can continue to grow the scholarship opportunities in our state. The Dietitian's expertise is needed more than ever as the public experiences increasing rates of obesity, diabetes and other health problems. In addition, today's consumer has a growing interest in herbal supplements, biotechnology and food safety. With the future for nutrition professionals so bright, we must all think toward moving dietetics into the future.

I invite you to take part in this exciting future by contributing to our "Dietetics for Tomorrow" campaign. The MDAI donation form is located at <http://www.eatrightmich.org/pdf/mdai%20donation%20form.pdf>
Your tax-deductible contribution will help increase the number of MDAI scholarship awards that can be provided to many deserving students. A contribution advocates for the future!

It has been an honor to serve as the 2002-2003 President of MDAI. I wish the Institute continued success and growth. If you would like to view the entire Annual Report please visit our website at <http://www.eatrightmich.org/mdai.asp>.

Respectively Submitted,

Ann Jay

Our Mission

The Michigan Dietetic Association promotes optimal nutrition and well-being for all people by advocating for its members.

ADA Membership Update

Discover MDA- Visit Us Often at www.eatrightmich.org!

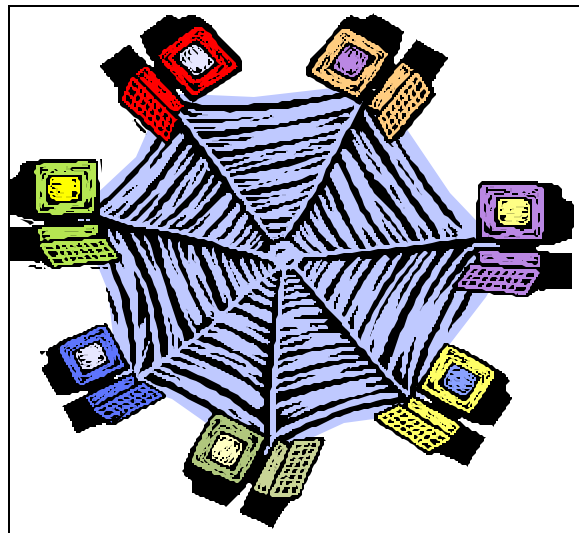
Are you a regular visitor to the MDA website? If not, you should be! From job posting to news flashes to CPE opportunities, you'll find a wealth of information at your fingertips. Here are just a few highlights of what you'll find:

***Job Forum-** Seeking a job or want to announce a position? Check out the Job Forum. This forum is in the public area of the site, so your post is sure to get noticed. We're getting feedback from employers that these posts get results, so don't miss out on an opportunity to post YOUR next position. *Posting are free*, and you can post all the information *yourself*.

***CPE Opportunities-** Need CPE? Offering CPE programs? Be sure to check out the Events Database (under the Programs link, or view the next 3 upcoming events on the MDA home page). And if you have a program you are offering within Michigan, **let us know!**

***News-** MDA posts up-to-the-minute news and other information for members within the Member-Only area of the site, but primarily on the *Member Home page* and on the Legislative pages. Make it a point to visit these 2 pages periodically to keep up-to-date! You'll also find MDA BOD meeting minutes and other reports in the MDA Forms Archive. If you want to know out what MDA is doing, this is the place to look!

***DPG Info-** The Member-Only area also houses information on Michigan-based DPG's and how to join. We are expanding this area to include DPG newsletters, too!



Visit today! www.eatrightmich.org. For password help, contact Linda Harrison, MDA Webmaster, at lharrison@eatrightmich.org.

Book Review

reviewed by Patti Steinmuller, MS, RD

Nancy Clark's Sports Nutrition Guidebook, Third Edition

Author, Nancy Clark, is a well-known and highly respected authority in sports nutrition. The newest edition of this popular guidebook continues the tradition of high quality, practical nutrition guidance for health, fitness, and sport performance. The target audience is physically active individuals and is especially valuable for busy people who aspire to eat well for high energy, weight management, optimal performance in sport, recreation, and everyday activities. A hallmark of this book is the authors easy-going, direct, positive style that effectively translates nutrition science into practical tips for fueling active lifestyles. Applying key themes, such as a recommendation to eat at regular intervals, in various ways adds value to the guidance and relevance for the reader.

The book is divided into three parts: 1. *eating strategies for high energy*; 2. *balancing weight and activity*; and 3. *winning recipes*.

- **The first part** focuses on a nutrition plan for overall health, tips for eating around exercise (before, during, and after activity), and relationships among nutrition, hydration, energy level, and performance. Information new or revised for this edition includes the following: benefits of consuming whole grains and dietary fiber, healthful types and amounts of fat, dietary calcium as protection against high blood pressure, current information on glycemic index, controversies regarding carbohydrate, protein intake for activity, carbohydrate and protein consumption in recovery after exercise, fluid guidelines, and sport supplements.
- **The second part** deals with body fat assessment and interpretation, body fat loss, muscle mass gain, body image, and eating disorders. These issues are addressed in an empathetic, reassuring, non-judgmental style that is characteristic a professional with extensive experience in nutrition counseling. A key theme is recognizing hunger as a request for fuel. Practical nutrition strategies address body weight management, food obsessions, and amenorrhea among active women.
- **The third part** offers cooking and food safety tips and more than 65 recipes contributed by fitness enthusiasts, chefs, and sports nutrition professionals. The recipes consist of quickly prepared items that are tasty, attractive, and combine a variety of food groups.
- **Appendix** include readings, resources, web sites, selected references, and tips on becoming a registered dietitian and sports nutritionist. The book effectively intermixes the text with tables, sidebars, and illustrations. Sections on popular diets, energy bars versus standard foods, a "portion distortion" comparison, and responses to questions by clients add interest and ancillary information. A sidebar labeled entitled, "What is the best time to eat?" is an asset for counselors, athletes, and coaches. Working back from the time of various competitive events, this section provides concise, practical, and accurate guidance for pre-event fueling.

In summary, I highly recommend this book for health and fitness enthusiasts, recreational and competitive athletes, registered dietitians, and health and fitness professionals. This book sets standards for accuracy and currency of sports nutrition information, application of scientific research to practical situations, and an effective communication style that explains how to eat wisely and well. Sports nutritionists will benefit from the varied experiences and communication skills presented by this author. For those who own earlier editions, updated information makes this edition a worthwhile investment.

Author: Nancy Clark, MS, RD Publisher: Human Kinetics
PO Box 5076, Champaign, IL 61825-5076 Telephone: 1-800-747-4457
Web site: www.HumanKinetics.com or www.nancyclarkrd.com
2003, paperback, 406 pp, \$18.95 ISBN: 0-7360-4602-X

Book Review

...reviewed by Susan Bell Latham, MS, RD

The Moms' Guide to Meal Makeovers: Improving the Way Your Family Eats, One Meal at a Time! by Janice Newell Bissex, MS, RD and Liz Weiss, MS, RD

This book is a must for moms (and dads!) who have busy schedules taking their children to sports' practices, music lessons, etc. and have only a small window of time to plan and prepare dinner. It deals with the favorite foods that kids love and adds a twist - making them over to be very nutritious while becoming even more delicious.

Moms' Guide ...explains why we need to look at the foods we typically feed our families and offers clever ways for making them better. The goal of the book in the first four chapters is to explain, in simple terms, why good nutrition is so important and how to add it to the foods we serve to our families. A simple 5-Step Meal Makeover Plan is given which is practical, novel, and easy to follow. Janice and Liz go far as to provide brand names of kid convenience foods which they (and their panel of kid taste testers) deem are the best tasting and most nutritious on the market. The Meal Makeover Pantry chapter shows how to stock the pantry with ingredients such as canned beans, tuna, and salmon, pre-shredded reduced fat cheese, and frozen vegetables that make last minute cooking healthier and easier.

In Part Two of the book, "*The Meal Makeovers Moms*" provide a wonderful variety of family recipes that have been made over. "Makeover" as defined by Janice and Liz means: healthier than the original, an improvement of flavor, and the speeding up of prep time. They have some very creative ways to boost the nutritional value and taste in many popular recipes – beef tacos, tuna noodle casserole, chowder, chili, and chocolate chip cookies to name just a few. All the recipes in the book have nutritional analysis of the "before" and "after" recipe.

In conjunction with the book, the authors have started the ***Meal Makeover Moms' Club***, a free online community that offers parents a discussion board, customized supermarket shopping list, the opportunity to submit recipes for a makeover, and a monthly newsletter with recipes, tips on feeding families, and nutrition news.

The book offers a fun approach to nutrition education and most of all gives readers very practical ways to make over family meals. The *Moms' Guide to Meal Makeovers* tackles what is wrong with today's all-American diet and offers realistic and delicious ways to improve it.

Check it out at www.mealmakeovermoms.com



All the recipes in the book have nutritional analysis of the "before" and "after" recipe.

In Memory...

Burness Wenberg, RD (1927-2003).

The MSU Alumni Board made a donation to the University of North Dakota Foundation, Burness G. Wenberg Endowment, P.O. Box 8157, Grand Forks, ND 58202. An article describing her achievements was submitted to the Journal of The American Dietetic Association.

Our good friend Burness, died Saturday night Dec 13, 2003.

On Saturday December 20, 2003, Betty Krauss attended the Memorial for Burness. In Betty's words I would like to share the following. " I had known Burness throughout some of her life... she was so devoted to her family, friends and co-workers, it was amazing. One of the things that I left with was the importance of Mentoring. As you know, she wrote one of the first books on it and did examples of it all of her life. As we continue to move forward with The Michigan Dietetic Association and its mission, values and goals, I hope all of us remember this in our daily work. She was an asset to the profession of Dietetics."

In closing, as editor of the LINK, I would like to share a memory of Burness's guidance as a mentor to our members and her attention to detail in all that she did. Like the fine stitching of a quilt, each thread sown upon a single patch is but a small picture of the greater whole. And in life, Burness wove many stitches throughout our lives and created a bond that gathered each of us together through her shared passion, contributions and struggles to made each patch strengthened by the whole.



Want to be an informed voter?

It's time for the 2004 ADA elections and your vote will determine the difference. I am writing to ask for your support. It would be an honor to serve our membership as Director at Large and assure that your voice will resonate in shaping our collective future.

New campaign guidelines open the door for members to better understand the issues and compare the candidates.

Here are my key skill sets for the position:

- Board Experienced...360 degree view... affiliates, dietetic practice groups & national associations
- Innovative Leader - real outcomes for real practitioners, with over twenty five years of work in diverse areas of dietetics practice
- Communicator & Team Collaborator - working to convert our present for a progressive future

I am ready to accept the stewardship responsibilities of Director-At-Large. To do this, I really do need your help. Valued friends and colleagues have already asked "How can I get involved?" Here are two quick ideas:

- Tell at least five colleagues about this message...email, mail, in person and at meetings
- Vote Fileti for Our Future between February 2nd and March 3rd 2004.

Successful decisions start here. Use the quick links below to learn more and exercise your right to vote. Every single vote really does make the difference. Thanks for your time and support.

Regards,

Cecilia



VOTE! VOTE! VOTE!



CAROL A SICHTERMAN, MA, RD, LD, CFPP

For

**PROFESSIONAL ISSUES DELEGATE
FOOD & NUTRITION MANAGEMENT**

- 30+ years experience in Food Service Management, Education and Consulting; plus an equal amount of professional volunteer service at local, state and national levels.
- Will use leadership skills and experience as well as the skills of others to support the mission and vision of the American Dietetic Association.

WORK EXPERIENCE:

- Currently Vice President/Registered Dietitian Consultant for Long Term Care facilities, Continuing Care Retirement Centers, Assisted Living and Group Homes.
- Previously employed as a Corporate Dietitian and as a regional Registered Dietitian / Professional Services Consultant for Long Term Care Corporations.
- Administrative Dietitian in acute care.
- 22 years of teaching Institutional Management in a dietetics programs
- 20 years as Executive Secretary for the Michigan Dietetic Association

VOLUNTEER PROFESSIONAL SERVICES:

- Past Chair, Chair, Area 2 Coordinator for CD-HCF (DPG#31) - 1988-2003
- Past Chair, Chair, Treasurer, Area 2 Coordinator , Legislative Chair for Management in Food and Nutrition Systems (DPG#41) - 1986-1992
- Delegate from Michigan to the ADA House of Delegates—9 years
- Past Chair, Chair, Dietetic Educators Practice Group (DPG#50) - 1977-1978
- Michigan Office on Aging—State Advisory Council—1997-2003
- President, Kentwood Womens Club—2003-2004

EDUCATION:

- Western Michigan University—MA-Education, 1978
- Milwaukee County Institutions Dietetic Internship—1963-64
- Michigan State University—BS, Foods and Nutrition—1963
- American Dietetic Association Registration Number: R261781