

Message from the President



Tonia Reinhard, MS, RD

A week before writing this, MDA was contacted by RDs working in community nutrition about proposed changes to programs that target high risk pregnant women and infants. The RDs asked for a letter of support to oppose the changes: The changes would remove the requirement that RDs be on the home visit teams and require a physician's prescription for nutrition assessment and basic intervention.

Interestingly, one of the changes is related to licensure: that of requiring a physician's order for assessment and intervention. As all of you know, we are rounding the corner on the state licensure bill that was passed in 2006. The Licensure Committee is currently establishing the rules and regulations. MDA received some national insight on how we can best proceed to ensure that our scope of practice is not infringed upon by inadequately trained wannabes. At the last licensure meeting in February, Juliana Smith, ADA State Government Relations Director, came from Washington to give us some pointers based on her work with other state licensure laws. The next meeting is in March and, hopefully, we'll have more details to share at MDA annual conference in April.

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"...come to the MDA annual conference, at which we will have a legislative forum that will feature a Michigan legislator..."
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All of the above should remind us of two key points:

- MDA and ADA membership is critical to protecting our scope of practice, our profession, and indeed our very jobs.
- MDA members must mobilize and be actively engaged in public policy efforts.

Two simple ways to accomplish the above are to come to the MDA annual conference, at which we will have a legislative forum that will feature a Michigan legislator, and plan to attend the MDA Legislative Day in Lansing on May 5 (details in this issue). The Legislative Day will bring MDA members from all corners of the state to the Capitol. There we will talk to the decision makers about our key issues, which are vital not only to our profession but vital to the health of all Michigan consumers.

Tonia Reinhard

Tonia Reinhard, MS, RD
MDA President 2009-2010
tonia.reinhard@wayne.edu

Legislative Update

By Lee McDonagh, RD, CDE, MDA State Policy Representative

Two key pieces of legislation are imminent: Finalization of the new state law on licensure of dietitians and the national Health Care Bill. Both will greatly affect RDs' ability to help improve and protect consumer's health.

Now more than ever, Michigan RDs need to be actively engaged in public policy. We need to step up and demonstrate that we are the "go to" experts in nutrition. Contact your representative on the national and state level.

Plan to attend the MDA Legislative Day on Wednesday, May 5 from 8:30 am to 2:00 pm in Lansing:

- RDs will congregate at the State Capitol in Lansing at 8:30 am for a brief session on how to effectively talk to legislators (a review of what we learned at the March 22 Public Policy Workshop).

- We will go in groups to targeted legislators (House and Senate) with key talking points provided in the session. Our legislators will know who in their district can help them with vital issues related to nutrition. YOU can help determine health policy.

MDA will provide a quick breakfast and lunch and CPEs at no charge. If you are planning to attend and have any connection with a specific legislator (either you've met/talked with previously, are related to, etc.), please contact MDA at: mda.execdir@sbcglobal.net or (586)774-7447.

Thank you so much for all you do for Michigan residents. See you at PPW on March 22 and at the MDA Annual Conference April 29-30 in Bay City!

Update: MDA Districts and Dietetic Groups Team Up with MDA

By Diane Delhey, MS, RD, MDA President-Elect

Your local district and dietetic group leaders have teamed up with MDA to promote RD day on March 10 throughout Michigan and also to host Public Policy Workshop (PPW) Plenary Parties on March 22.

Districts and dietetic groups are teaming up with MDA to promote Legislative Day on May 5. The district and dietetic group presidents are looking for members to attend Legislative Day on May 5. Please contact your local leader or MDA office if you are interested in attending this event to help promote the RDs at the legislative level.

Local elections were recently held at the district and dietetic group levels. However, these groups are still in need of and welcome your assistance! Please contact your local leader to find out how you can get involved. Contact information for district and dietetic group presidents are listed in the MDA leadership directory located in the member section of MDA's website, www.eatrightmich.org.

House of Delegates Update

By Gail Rogers, MS, RD, MDA Delegate

The House of Delegates will "meet" electronically April 30-May 2, 2010. In preparation for this meeting, member input is needed on two important topics:

- 1) Health and Nutrition Literacy: How can RDs and DTRs collaborate with others to optimize the health and nutrition literacy of the US population?
- 2) Management and Leadership Across Practice: How can we effectively influence and encourage RDs/DTRs to hold, aspire to hold, or function in a leadership or executive role in all practice environments?

Members can locate these materials on the ADA website for members only at www.eatright.org/HODMegaIssues

Your feedback can be provided by contacting me (Gail Rogers at rogersg3@msu.edu or 517-449-2911) or by filling out the member feedback form found at the above website.

Thank you for taking the time to express your views!

Dietetic Group Update: Dietitians in Health Care Communities of Michigan

The Dietitians in Health Care Communities of Michigan (DHCC-M) Dietetic Group is hosting a spring conference in Livonia on May 13, 2010. The theme is "Enhancing the Health of our Elders" and will feature presentations on Gluten Intolerance, Food Allergies and Food Intolerances by Sara Carter, RD of Gordon Food Service; Survey Trends and Sanitation Issues by Maggie Rettelle, RD of Healthcare Service Group, Inc.; Synbiotics for the Prevention of Antibiotic Associated Diarrhea and C. Difficile by Lynn Spalding, RD, CSG sponsored by Medical Nutrition; and Best Practices Panel Discussion with Christie Titmuss, RD, Suzanne Beckett, RD, and Michele Schlieger, RD.

The conference will be held at Laurel Manor, 39000 Schoolcraft Road, Livonia. To register, contact Pam Webster, RD, at 231-883-6972 or foodaceuticals@chartermi.net.

Our dietetic group has also implemented a liaison representative to facilitate communication and education sharing between the DHCC-M and the Dietary Managers Association. Sharon Wojnarowski, RD, has graciously agreed to serve in this pioneer

role. We are pleased to have representation from each group at our spring conferences this year and expect to have a long lasting relationship.

The DHCC-M is a dietetic group, operating under the auspices of the Michigan Dietetic Association. Any registered dietitian who is a member of The American Dietetic Association is welcome to join this group for a small fee. Students who are members of ADA are also welcome to join our group. If interested, please contact Pam Webster (see above) or Marcia Sinclair, RD, at 989-928-9406.

Best Practice Tips: Make More Dough

By Rubina S. Haque, PhD, RD, MDA Membership Director and Kelly Voelker, EMU CPD Student

Dr. Joanne Lichten, RD, aka Dr. Jo, was recently a guest speaker at Eastern Michigan University. She spoke about her successful career and shared many valuable practice tips:

- Identify entrepreneurial opportunities in your area of expertise
- Submit magazine or newspaper articles about current topics
- Give supermarket tours
- Offer tele-counseling for clients of Health and Human Services Departments
- Teach classes for county parks and recreation programs
- Start a web page, even if it's just a blog, but make it look professional with software or a hired designer
- Give yourself a moniker that people will remember (like Dr. Jo), then trademark it
- Give yourself a tagline phrase about what you do that people will remember. Dr. Jo calls herself "America's on the go health guru."

For more information and resources go to: www.drjo.com

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SAVE THE DATE

MDA's Fall Conference
September 24, 2010
Comfort Inn, Mt. Pleasant

This conference is free
for our MDA members!

Program details coming soon

5 free CPEs!

In the Spotlight: Diane M. Delhey, MS, RD

By Ann Hoffman, RD, CDE, CSO, MDA Public Relations/Marketing Director



Diane M. Delhey

Upon graduating from Michigan State University, Diane completed her internship at Massachusetts General Hospital. Additionally, she completed her master's of science degree at Massachusetts General Hospital Institute of Health Professions. Diane worked out east for 10 years before moving back to Michigan in 1994. Initially, she worked as chief clinical dietitian at Bronson Methodist Hospital, but after a year, the hospital re-designed and the dietitian department became a self-governance team. Since that time, she has worked as an adult-inpatient critical care/cardiac dietitian.

As an in-patient dietitian, the biggest challenge Diane faces is promoting the RD as the nutrition expert. In today's environment, since we are faced with less reimbursement for

Diane Delhey will serve as MDA's incoming president, beginning her tenure June 1, 2010. As President-elect, she's been busy forming committees and working closely with district leaders.

RD services, other health care professionals often provide nutrition advice.

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“Diane also mentors one or two Western Michigan University (WMU) dietetic students each year and will be serving as a guest lecturer at WMU.”
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In addition to working in the inpatient setting, Diane also mentors one or two Western Michigan University (WMU) dietetic students each year and will be serving as a guest lecturer at WMU. By working with students, she is able to promote the importance of remaining an active member of ADA and the state association. She has benefited from her involvement with MDA as a leader, since it has allowed her to expand her leadership abilities and to work with RDs throughout the state of Michigan. Through this experience, she has been fortunate to grow as a dietitian and a leader.

We are grateful and pleased to have Diane Delhey represent MDA as the president for 2010-11!

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When you join the American Dietetic Association (ADA) and list Michigan as your affiliate state, you become an automatic member of MDA!
Thank you for your membership.

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One of the benefits of joining ADA/MDA is access to help and support for questions you may have regarding the licensure applications process, which is coming in the near future.
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Donations Needed for MDAI Silent Auction

The MDA Institute (MDAI) Seeks Your Help: Contributions for the Silent Auction are still being sought for the MDAI Basket and Quilt Auction. The auction takes place at the MDA Annual Conference, on Friday, April 30. All proceeds from bidding will go directly to the MDA Institute to help fund scholarships for deserving students.

We encourage districts, individuals or your “team” of nutrition professionals to donate baskets of goodies or an individual item to help support this program. If you would like to contribute or need additional information, please e-mail Christel Milliken, MDAI Fundraising Chair at christelmilliken@iamorrison.com

RD Day 2010

By Ann Hoffman, RD, CDE

The Michigan Dietetic Association would like to thank Meijer for donating gift cards which were used to promote RD Day. Last year, the Dietitians of West Michigan developed “breakfast bags” to share with the media. This year, with Meijer's assistance, MDA was able to expand this program to cover a wider area of the state. The four districts participating in this year's promotion were: Dietitians of West Michigan, Southwest Michigan Dietetic Association, Northern Michigan Dietetic Association, Lansing Dietetic Association and the Tri-City Dietetic Association. Each district assembled “breakfast

bags” utilizing Meijer reusable bags, a variety of healthy foods, handouts from ADA, and RD promotional materials. Melanie Shehan, RD, from Lansing, was able to schedule two interviews with radio stations in her area; Christine Borchert, RD, visited Rep. Dave Camp's office in Midland and was able to get a commitment from the Midland Daily News to write a brief news story; and Ann Hoffman, RD, CDE, CSO, from Saginaw, shared the “breakfast bags” with two local newspapers, a radio station and a local TV station.

Quinoa: The Little Known Grain

By Kristie Hopka, Wayne State University CPD student

As dietitians, we all know that grains are an important part of a well-balanced, healthy diet, but have the usual staples—rice, pasta and barley—lost some of their appeal? Try making quinoa (pronounced keen-wah) the star at your next meal.

Although just recently gaining popularity in the U.S., quinoa has been an important food in the Andean region of South America for 6,000 years. Hailed by the Incas as sacred and referred to as “chisaya mama” or “mother of all grains,” quinoa may have earned this honor partly based on its exceptional nutritional value. As a provider of a complete set of essential amino acids and with a very high protein content of 12-18%, quinoa is an excellent choice for vegetarians and vegans. Additionally, it's a good source of dietary fiber and phosphorus and is high in magnesium and iron. Based on these qualities combined with the fact that it's gluten free, quinoa is being

considered a possible crop in NASA's Controlled Ecological Life Support System for long-duration manned spaceflights.

Preparation is a snap. However, it's important to soak quinoa to remove the bitter saponins. After soaking, bring two cups of water to a boil with one cup of quinoa, cover and simmer for 14-18 minutes or until the germ separates from the seed. When cooked, quinoa has a light, fluffy texture with a mild, slightly nutty flavor. Give your taste buds a treat and try quinoa in place of the usual side dish at your next meal.

Kristie has a BS in Business Administration from Wayne State University and worked for Detroit Diesel Corporation for nine years. She lives in Dearborn Heights with her husband Mike and looks forward to starting a family and a career in child nutrition and counseling.

Chill your Chili

By Kelly Voelker, Eastern Michigan University CPD Student

As a busy wife, mother and student, I struggled with how to feed everyone home-cooked meals. How about freezer meals made up ahead of time! There are several cookbooks devoted to this. My favorite is *The Everything Meals for a Month Cookbook* by Linda Larsen. I also convert many standard cookbook recipes to freezer-ready versions by cooking the meats and vegetables, then cooling them safely and packaging them in resealable plastic bags. This method works great for most crock-pot recipes and casseroles. Write the recipe and cookbook name on the bag because later, you won't remember where the recipe came from. I store fluids, cheeses and tortillas separately from other ingredients in smaller bags, then zip-lock them all together in a large bag with the information on it. Now I just make double recipes every weekend and serve one the night I

cook it and the other a few weeks later, continually restocking the freezer. This method has preserved our family mealtime. For some great recipes and ideas for free check out:

<http://www.momsbudget.com/freezerrecipes/index.html>
http://kidscooking.about.com/od/dinnerrecipes/tp/freezer_meals.htm
<http://www.freezermealsrecipes.com>

Kelly Voelker is an on-campus student in the coordinated program of dietetics at Eastern Michigan University, and MDA student associate for Rubina S. Haque, PhD, RD, MDA Membership Director. Kelly lives in Plymouth with her husband, Chuck and twin seven-year-old boys.



Michigan Dietetic Association
c/o Susanne Consiglio, RD
22811 Greater Mack, Suite 105
St. Clair Shores, MI 48080
(586) 774-7447 Fax: (586) 778-3004
mda.execdir@sbcglobal.net



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MDA 2010 Annual Conference Update

By Kelly Fontes, MS, RD, MDA Conference Co-Chair

“SHAPING A HEALTHIER FUTURE FOR MICHIGAN”

It's not too late to register to join Michigan RDs in Bay City for this year's conference April 29 and 30, 2010. We've simplified the process with the ability to register and pay online by visiting www.eatrightmich.org and clicking on the conference registration link. Register soon! The price of the conference increases by \$50 for those registering after April 1.

In addition to great topics and speakers such as Michigan Surgeon General Kimberlydawn Wisdom addressing health disparities and Dawn Jackson-Blatner, author of the The Flexitarian Diet, the conference committee was able to lower conference prices for the second year in a row AND has added the opportunity for two additional credits with a Thursday evening film festival. This is one conference you won't want to miss!

For hotel reservations: A block of rooms has been reserved at the Doubletree Hotel Riverfront for a discounted rate of \$95 per night until April 1. To make reservations, call the hotel directly at (989) 891-6000.

WE LOOK FORWARD TO SEEING YOU THERE!

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