

# The Link

A Publication of the MICHIGAN DIETETIC ASSOCIATION

Winter 2006

Issue 3



## From the President's Desk: **How to make a Great Leader**



Judy MacNeill, MS, RD, CDE

In November, MDA held a Leadership Retreat in Okemos for your MDA Board of Directors. Encouraging and fostering great leaders is part of MDA's strategic plan.

What makes a great leader? Like David Letterman, I'm going to name my "Top 10" on how you can tell you are a great leader:

10. You trust and believe in the good of others. The people that are chosen to do their

job are there because you believe in their skills, judgment, and ability to get the job done. So let them!

9. You are committed to a cause. If you can't name your cause, then you cannot lead it!

8. Have a positive attitude. People are naturally drawn to positive people. Leaders can be positive or negative, but **great** leaders exude positive strength job.

7. You can prioritize.

6. You believe in yourself. I like the quote from Michael Jordan: "I have missed more than 9000 shots in my career... And I have failed over and over and over again in my life. And that is precisely...why I succeed".

5. You can focus your vision. You cannot lead if you don't know where you are going! Vision gives direction.

4. You exceed other's expectations.

3. You appreciate.

2. You "Pay Well". This is the "dollars" you pay to acknowledge volunteer's effort, such as the frequent use of the word "Thank you!"

1. You understand what your volunteer's needs are, and then try to fulfill it.

Your Board of Directors are great leaders; they believe members of MDA are The Nutrition Experts in Michigan. I am honored to work with such a talented and dedicated group. Please take the time to thank them yourself. They truly deserve to be "Paid Well"!

### Inside this issue:

Legislative Update	2
Working with the Media & Leadership Retreat	3
Spotlight on a Member & Student/Practitioner Corner	4
Diabetes Conference & Lee's Practice Tips	5
Update from Northern Michigan and District & Educational Events for	6
2006 MDA Annual Conference Information & ADAF Auction	7

## Meet our new member communication representative

By Nancy Kennedy, MS, RD

**R**ecently Janet Dominowski volunteered to be Michigan's New Member Communication Representative (NMCR), an ADA position appointed by the state board. We are thrilled to have Janet as our representative. She will be planning numerous fun activities and programs for dietitians in our state who are new to the profession.

As a nontraditional student with three children and a husband, Janet graduated from Central Michigan University (CMU) in 1999 and graduated from the internship in 2000. She accepted a position with Covenant Health-Care Diabetes Self Management Program after graduation. Janet next began working at MidMichigan Medical Center, Diabetes Center. While there, she obtained the Certified Diabetes

Educator certification in Adult Weight Management and completed a graduate degree in nutrition and dietetics at CMU. Janet was also a consulting dietitian at primarily with eating concerns and sports nutrition. Last April, she had the opportunity to work at DeVos Pediatric Endocrinology Clinic in Grand Rapids.

*continued on page five*

Just for today, worry not.

Just for today, anger not.

Be grateful for your blessings.

Be kind to living things.

Be true to yourself.

The 5 Principles of Reiki

## Legislative Update By Laura Kull, MS, RD

At the MDA Leadership Retreat, Kathy and Mike DeGrow, our lobbyists, reviewed important issues for dietitians in Lansing. Here is a summary:

### Atmosphere in Lansing

We are working with the current State Representatives and Senators, but due to term limits this is an ongoing issue. We find that the legislators have a short period of time to meet their personal agendas. With this 'revolving door syndrome', it is important that MDA continuously inform legislators about the importance of nutrition to public health in Michigan. Unfortunately, there is a steep learning curve with this topic. You can help with this task by getting to know your local legislators: Attend a fundraiser or town hall meeting, and remember that they work for you so let them know what is important to you!

### Licensure of Dietitians

Our bill SB 403 and HB 4871 is assigned to Senate and House Committees on Health Policy. A test bill for the acupuncturists is moving in the House after approval in the Senate, and it appears the Governor will sign the bill into law. The acupuncturist's registration fee in the bill is \$200, and this is pending on the House Floor. We still have support for our licensure bill from the Senate Floor Leader and Chair of the Senate Health Policy Committee, Sen. Bev Hammerstrom. If the Governor signs the acupuncturist's registration bill, we are extremely hopeful that our licensure bill will be considered.

### Competition Among Groups Seeking Licensure

Dozens of other licensure bills have been offered – everything from interior designs, geologists, massage therapists to athletic trainers. Many professionals are attempting to encroach upon the dietitian's scope of practice, with athletic trainers calling themselves "nutrition educators" and other groups indicating they also are nutrition specialists. Dietitians must make legislators think of the Registered Dietitian as the sole expert on healthy nutrition. Dietitians must be positioned for both leadership and partnership with other health care professionals, as all providers compete for precious health care dollars and credibility.



Michael DeGrow, MDA Lobbyist



Laura, Kull, MS, RD ALD Director, Legislation

## Building a Better Box...In Michigan , Michaeline Raczka, RD



Carol Grafford & Michaeline Raczka

Shop entitled,  
**"Building a Better Box."**

Times are changing. The profession is changing. The only sure thing is change. Change is good.

The Michigan Dietetic Association Leadership, including district presidents, was invited to attend a work-

The workshop was held in Lansing on November 12. The focus was to identify critical issues essential for future governance of MDA members, to have leadership participate in the strategic knowledge-based governance process to build consensus for future association governance structure and to develop a framework for action planning.

Several years ago MDA went through a re-structuring process. The Board was reorganized. Acknowledging that there are

still issues that need to be addressed including challenges and opportunities at the state's grassroots level, it is time to reevaluate what is best for the future.

During the program, your leaders worked hard to give input into the change process. To obtain more input from the members, this workshop will be offered in three different locations. Stay tuned for information on programs being held near you.

## Working with the Media, Ann Hoffman, RD, CDE

In November, MDA was very fortunate to have had the opportunity to host Media Training at the Comfort Inn in East Lansing. The United Dairy Industry of Michigan was instrumental in providing the support needed to offer such a fine program. Special thanks go out to Karen Giles-Smith and Susanne Consiglio for assisting with the planning.

Kathleen Zelman, RD, MPH, from Georgia, con-

ducted the training. Kathleen was a dynamic speaker and brought the experience from her current position, as Director of Nutrition, of WebMD Health, as well as her past service as an ADA National Spokesperson. She interviewed volunteers, who were provided with feedback to improve their speaking and interviewing skills. Evaluations from the training were all extremely favorable.

There are currently 20

Media Representatives in Michigan, including Bethany Thayer, ADA National Spokesperson. If you are interested in becoming a Media Representative, in your area, please contact me at: [ahoffman@chs-mi.com](mailto:ahoffman@chs-mi.com).

It is my goal to continue to expand our forces...

*To further promote the RD as the Nutrition Expert!!*



Ann Hoffman and Kathleen Zelman

## Leadership Retreat, By Heather Stanley-Sutton, MS, RD, CDE

**On Saturday, Past Presidents Carol Grafford and Michaeline Raczka empowered participants with a presentation on the importance of change and growth. They emphasized the need to look inward to identify both effective strategies and areas requiring improvement within local districts and MDA.**

MDA's first official leadership conference was held on November 11<sup>th</sup> and 12<sup>th</sup> in Lansing. The board of directors, media representatives and district leaders were invited to attend this conference.

The conference started off with a fantastic media training day presented by Kathleen Zelman, RD, MPH, former ADA spokesperson. She was dynamic and informative, and everyone had the opportunity to try their hand at an interview using cameras and microphones. MDA thanks the United Dairy Council for sponsoring Kathleen and this wonderful training experience.

MDA Legislative Chair, Laura Freeland Kull, along with our lobbyist, Mike

Our president, Judy MacNeill

and Kathy DeGrow, provided an update on the licensure bill in Lansing informing participants about how to give dietitians a bigger voice in Lansing. After the update, MDA President Judy MacNeill focused on team building with her presentation, "Learning from Geese – We can fly in a V".

On Saturday, Past Presidents Carol Grafford and Michaeline Raczka empowered participants with a presentation on the importance of change and growth. They emphasized the need to look inward to identify both

effective strategies and areas requiring improvement within local districts and MDA. The presentation generated much discussion, and members can look forward to significant changes that will enhance MDA's value to all its members. Carol and Michaeline will be taking their message throughout the state with a traveling MDA 'road show'. Stay tuned to the MDA website and local district websites for more details.



## SPOTLIGHT ON A MEMBER

By Ann Hoffman, RD, CDE



**Diana Dyer, MS, RD** invited speaker at the annual meeting of the American Society of Breast Surgeons, March 2005.

vention of weight gain during chemotherapy and weight loss following therapy. She also informed the surgeons on how they could partner with RDs to provide this critical aspect

In March, 2005, Diana Dyer, MS, RD, was invited to speak at the annual meeting of the American Society of Breast Surgeons.

This group is composed of over 1200 breast cancer surgeons from around the country. She was the first Registered Dietitian to speak to this group, and she was surprised to learn that she was also the first breast cancer survivor asked to speak. Diana was pleased to note that they received a “two for one” presentation.

Diana presented research demonstrating how medical nutrition therapy (MNT) could be helpful for breast cancer patients, particularly in the pre-

of comprehensive cancer care. She summed up by sharing a snapshot of her own cancer experience and how a combination of conventional therapy, diet and lifestyle changes optimized her odds for both long-term survival and enhanced quality of life.

Diana has heard from RDs and MDs throughout the country that partnerships are increasing, particularly in view of data from the WINS trial, which showed that a low-fat diet after breast cancer diagnosis reduced the odds for occurrence by 24% and 42% for the subgroup with estrogen-negative breast cancer. As the nutrition experts, RDs can optimize comprehensive cancer

care. MDA is fortunate to have Diana Dyer as a member, who through her expertise and professionalism, promotes the RD as the nutrition expert.



## Student/Practitioner Corner..... How Do You Stay Current?

By Kelly Ramseyer, Dietetic Student, WSU Coordinated Program in Dietetics

We asked this question in the last issue of the Link, and practicing RDs responded to the call by providing their favorites. Hopefully this information will be helpful to the veterans as well as the students! I would like to thank the dietitians who offered their insight. I know I have only skimmed the surface with these listings, but appreciate the information for those of us entering the field of dietetics:

### **ADA:**

Journal

Dietetic Practice Groups

Daily News from ADA's Knowledge Center

Student Council Community Updates

### **Other Journals:**

JAMA: <http://jama.ama-assn.org/>

American Journal of Clinical Nutrition: <http://www.ajcn.org/>

### **Via Email:**

Listservs such as from ASPEN

Newsletters from Mayo clinic – free of charge

### **Websites:**

Consumerlab.com (updated supplementation information)

Medscape.com

Kidsnutrition.org

[na.usda.gov/frinc/pubs\\_and\\_db.html](http://na.usda.gov/frinc/pubs_and_db.html)

[nhlbi.nih.gov/index.htm](http://nhlbi.nih.gov/index.htm)

[niddk.nih.gov](http://niddk.nih.gov)

[health.gov/dietaryguidelines/dga2005/ers.usda.gov](http://health.gov/dietaryguidelines/dga2005/ers.usda.gov)

[nlm.nih.gov/medlineplus](http://nlm.nih.gov/medlineplus)

Google – scholar search

### **Meetings:**

Offered locally and nationally

## Diabetes Conference: 5th International Conference on GDM

By Lee McDonagh, RD, CDE

On November 11-13, 2005, I attended the 5<sup>th</sup> International Workshop-Conference on Gestational Diabetes in Chicago. The program included lectures on new work as well as reviews on state-of-the-art information regarding GDM or Gestational Diabetes. This conference serves as a gathering of information, followed by discussion and then ultimately proposing new guidelines or validation of current guidelines for GDM. The findings of this conference have not been compiled and released as of December 2005.

The Sessions included: Pathophysiology of GDM, Epidemiology of GDM, Offspring of Mothers with GDM, Management of GDM, Management of GDM; Pharmacologic Therapy, and Postpartum Follow-up and Management. Since new research was presented, many questions were raised about the current treatment of GDM; such as what should be the goal of metabolic management in GDM? Lois Jovanovic, MD, well-respected in the field of GDM posed the question about Insulin and the use of Insulin analogs in GDM.

Most of the attendees are awaiting the results of the HAPO Study (Hyperglycemia and Adverse Pregnancy Outcome Study). The study has recruited 2500 pregnant women in 15 centers in 9 countries. It is an investigator-initiated, prospective, observational study that will hopefully clarify many questions on GDM. The primary outcomes that are being assessed are: the relation of maternal glycemia to cesarean delivery, increased fetal size, in-

creased fetal adiposity; neonatal morbidity and fetal hyperinsulinemia. The study will be concluded in July 2006 and presentation of results will be expected in 2007.

It was very exciting and if you work with GDM, the findings of this conference may change the way you practice.

Stay tuned to the American Diabetes Association website for further information.

## Lee's Practice Tips:

### Sharing Ideas that Help Dietitians in Empowering their Patients

By Lee McDonagh, RD, CDE

- **Fast Food Match Game.** Make a poster and have participants match fast food items in column 1 with the corresponding nutritional information (Calories, Fat/Sat. Fat, or Sodium) in column 2.
- **Get a box of cereal,** a couple different sized bowls, and a large measuring cup. Have participants pour out the amount of cereal they would normally eat; ask them to guess how much they've poured and then actually measure it with the measuring cup and compare to the serving size listed on the label.
- **Do a poster** comparing very different food choices that supply similar amounts of energy and carbs: eg, 1 1/2 cups of strawberries vs. 4 Starburst fruit chews (~80 kcals, 17 gm carbs); 4 small oranges vs. 20 fl. Oz. bottles of soda (~225 kcals, 58 gm carbs) - use pictures to help drive the point.

Do you have a "Practice Tip" that you would like to share? Please send them to Lee McDonagh, RD, CDE, email: [mcdonaghrd@wowway.com](mailto:mcdonaghrd@wowway.com).

*Continued from page 1*

## Meet our New Member Communication Representative

In her current position Janet instructs clients on insulin injections, pens, pumps, glucometers, carbohydrate counting and many other aspects of diabetes self-management.

As for how she feels about dietetics, Janet says, "I have a profound dedication to the profession. Over the years, I have had wonderful mentors

and role models who have always reinforced the importance of being involved in all aspects of our profession. In addition to her fulltime positions, Janet has managed to find time for many volunteer activities, which include serving as newsletter editor for two years for the Tri City Dietetics Association and writing for the Diabetes Practice Group publication, "NewsFlash."

She also served as a board member for "Get Moving Midland", a local program that encourages physical activity and healthy eating.

Janet sums it up this way: "it is a privilege to be part of a profession that can have such a significant effect on so many lives."

**"Over the years, I have had wonderful mentors and role models who have always reinforced the importance of being involved in all aspects of our profession."**

## Update from Northern Michigan

By Lynette Maxey, RD, CDE President NMDA

We have had quite a year, hosting 4 conferences in 2005! In June we hosted **“Raising the Awareness”** (various cultural habits of the Michigan Native Americans related to health) in Traverse City.

In August, we presented **“The Nutrition Care Process, Public Policy Workshop and Wellness Policy of 2006”** in Gaylord.

In September, we hosted an **Ellyn Satter Workshop**, in Cadillac. Our final conference for 2005 in October was **“Clinical Update”** in Kalkaska.

Many thanks to our 2005 speakers: Tanya Lesinski, RD, CNSD, Laura McCain, RD, CDE, Certified Chef, Robin Williams, MA, RD, CDE, Eileen Mikus, MS, RD, CDE, Margaret Spencer, RD, Sue Champion, BSN, RN, Lynette Maxey, RD, CDE, Eugene Magnuson, Renita Deihlman, BSN, FNP, Lisa Farner & Elizabeth Jackson, MS, RD.

We are planning another exciting year, and for those of you who do not live in the Northern area please check the MDA web page for conference information. If you would like to be on our mailing list, please contact me at:

[dietitian@mmcw.com](mailto:dietitian@mmcw.com)

## Educational events for 2006:

4/27/06	MDA Leadership Conference, Gaylord
6/7/06	“When Nutritional & Activity Changes are not enough; weight loss surgery in teens.”- Live teleconference at Multiple NMDA sites (please contact me to host a site)
8/15/06	Nutrition Support Conference, Gaylord
9/06/06	Diabetes (details to be announced)
10/12/06	Clinical Update, Kalkaska

## District Update - Dietitians of West Michigan (DWM)

By Dana Fillmore, RD President DWM

DWM members have been busy networking through a variety of DWM-sponsored events. Our September meeting was entitled **Bariatric Patients: Nutrition Prescription**, and the speakers included dietitians and nurses that specialize in bariatric treatment. The meeting closed with a panel discussion consisting of bariatric surgery patients. Attendance was excellent for the meeting, and the panel discussion was a definite highlight. As an incentive to join our district, we had invited all MDA members within our region to the meeting. The invi-

tation resulted in 30 renewals and new members. We had another successful meeting in November, at which topics included Eating Disorders and dealing with different personality types. More than half of registered DWM members attended the November meeting.

Upcoming events offer more great educational opportunities. On January 20<sup>th</sup>, the topic will be **Health Communication**

**Tips and Diabetes Prevention.** It will be held from 12:30-4:30pm at a location to be determined. The April 25<sup>th</sup> program will feature the **ADA program on Customer Service: The WOW Approach to Customer Service in Dietetics and Running your Foodservice like a Business.** The time and location are to be determined, and if you are interested, please contact Dana Fillmore at [dfillmore@gfs.com](mailto:dfillmore@gfs.com) or 1-800-968-4426.

## 2006 MDA Annual Conference: May 18 - 20

### *Michigan Nutrition Professionals—Leading the Way*

Mary Niester, MPH, RD Conference Chairperson

**Are you ready for a conference!** This year's conference promises to deliver the latest research, newest trends, and the most up-to-date food and nutrition information. We have added many nationally known speakers and educational programs designed to enhance the skills and knowledge of Michigan dietitians. A number of exhibitors will also be on hand presenting their new products and services.

**Are you ready for a night out!** Two exciting evening events are planned for this year's conference. On Thursday night, join us as we "Welcome New Members and Students and our current members." Sponsored by Sodexho, the night will be filled with presentations, dinner, and a special awards ceremony for students and a reception for new members. On Friday night You won't want to miss dinner, sponsored by US Foodservice, and a recognition ceremony

for those members who will be receiving MDA awards, followed by SEMDA's 10 year anniversary dessert celebration! Both evening events are free to conference attendees.

**Are you ready for Livonia!**

Take time out to visit Livonia's Laurel Park Place Mall, play on one of the area's 3 golf courses, or bike, walk, or run through Hines Park. Head on over to the Holocaust Memorial Center in Farmington Hills, the Henry Ford Museum and Greenfield Village in Dearborn or the Detroit Zoo in Royal Oak.

Detroit is less than 30 minutes and that's where you'll find a number of incredible restaurants, casinos, and other attractions including the Detroit Institute of Arts, the Charles H. Wright Museum of African American History, the Detroit Science Center, and the Motown Museum. Finally, don't miss the century old, 43-acre Eastern Market, an indoor/outdoor market filled with culturally diverse foods and items.

A special thanks to the following Sponsors and Exhibitors for the MDA Annual Conference 2006!

- UDIM —Title Sponsor
- Michigan Soybean Commission
  - LifeScan
  - Sodexho
  - General Mills
  - US Food Service
  - McNeil Nutritionals
  - Michigan Beef Industry
- Eggland's Best/Herbruck Poultry Ranch, Inc.
  - Kellogg's
- Southeastern Michigan Dietetic Association (SEMDA)
- Nutrition Entrepreneurs of Michigan (NE of MI)
  - Dietitians of Western Michigan (DWM)
- Northern Michigan District Association (NMDA)
  - Dietitians of West Michigan (DWM)
- Southwest Michigan District Dietetic Association (SWMDDA)

**Exhibitors:**

Abbott/Ross	Kellogg's
ADA Publisher	LifeScan
American Heart Association	Marketing New Authors.com
Amylin	Medtronics
Center for Eating Disorders	Michigan Bean Commission
Diabetes Care & Education	Michigan Soybean Promotion Comm
Eggland's Best	Nutra Balance Bars
General Mills	Sodexho
Gordon Food Service	Sysco Food Service
Heartland Ingredients	Travis Meats US Food Service

## ADAF Auction at FNCE, Heather Stanley-Sutton, MS, RD, CDE

MDA received a letter from the ADA Foundation (ADAF) thanking us for our MDA basket donation at FNCE in St. Louis this past October. Our "Personal Fitness Bag" received a winning bid of \$160. The overall auction raised over \$16,000 for ADAF and was the most suc-

cessful auction to date. The money raised allows the ADAF to maintain its position as the leading provider of food and nutrition information through its mission of funding research and education conducted by

dietetics professionals. One key project is the Healthy Weight for Kids Initiative to combat obesity among children through research, scholarship, and awards programs.



# The Link

**Michigan Dietetic Association (MDA)**  
c/o Susanne Consiglio, RD Executive Director  
23100 E. Jefferson, Suite B  
St. Clair Shores, Michigan 48080  
(586) 774-7447  
Fax: (586) 778-3004  
Mda.execdir@sbcglobal.net

## 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  
MDAI President: Debbie Cicinelli-Timm  
Executive Director: Susanne Consiglio

The Michigan Dietetic Association (MDA) has been serving Michigan citizens since 1929. MDA was incorporated April 28, 1970.

The purpose of this corporation is to improve the nutrition of human beings; to advance the science of dietetics and nutrition; and to promote education in these and allied areas.

**Eatrightmich.org**

### Professionals serving MDA:

Lobbyists: DeGrow & Associates: Mike & Kathy  
Webmaster: Linda Harrison, RD  
Tax Consultants: Thomas Halpin & Associates  
MDA Bookkeeper: Terri Chisholm

## Upcoming Public Policy Workshop By Charity Simpkins RD

**Do** you ever complain about how our government is run? Do you ever wonder what happens on Capitol Hill?

Come join us in Washington, DC to learn about ADA's priority legislative issues in 2006 and speak directly to your legislators so that your voice can be heard.

Join us at the Public Policy Workshop in Washington, DC on March 14-16, 2006.

**In** addition to making your voice heard, you will receive high quality grass-roots training. Registration is now at a discounted rate of \$295 through February 17, 2006, with both special student rates and scholarships available.

Download your registration and scholarship form at [www.eatright.org](http://www.eatright.org). For more information contact Charity Simpkins RD at (989) 343-3224 or [csimpkins@wbrmc.org](mailto:csimpkins@wbrmc.org)

*Join us at the Public Policy Workshop in Washington, DC on March 14 -16, 2006.*