

F A L L 2 0 1 5

The Northern Lights

The Northern Michigan Dietetic Association



Dear fellow NMDA members,

With summer at a close and the school year underway, I hope everyone is getting a fresh start this fall! We have increased our 2015-2016 membership to 40 members, and the planning for an exciting spring conference is in progress!

In this issue you will find:

- ~The latest NMDA news including local job postings and recent member activity*
- ~Recipe*
- ~Member spotlight*
- ~Information on American Diabetes Month*

As always, please contact me if you would like to see anything specific in future newsletters or would like to make a contribution. Additionally, if you ever have any suggestions for NMDA, feel free to contact any of the board members.

Best,

Julie Poole, MS, RD/ NMDA Secretary & Newsletter Editor

YOUR NMDA BOARD MEMBERS:

President: Amy Britton, RD; abritton@mhc.net

President Elect: Lynette Maxey, RD, CDE; lmaxey@mhc.net

Treasurer: Kimberly Hornacek, RD; khornacek@mhc.net

Secretary/Newsletter Editor: Julie Poole, MS, RD; julie.poole1@gmail.com

Nominating Co-Chairs: Connie Farrier, RD; cfarrier@mhc.net

& Chelsea Fitzpatrick, RD; chelsea.r.simon@gmail.com

Webmaster: Meghan Damman, RD; mdamman@mhc.net

LOCAL JOB POSTINGS

Clinical Dietitian II (Oncology)

KEY FUNCTIONS:

- Delivers an extraordinary patient experience via patient empowered care; goes above and beyond the concept of excellence in health care.
- Demonstrates competency in cancer services software applications (EMR, navigation software and billing suite).
- Explores opportunities for payer reimbursement.
- Provides individualized, evidence-based nutrition care in the outpatient setting in relation to the patient's diagnosis, treatment, age group, nutrition status and other assessed parameters.
- Provides group patient education including the preparation and or presentation of prepared specialized/functional foods recipes for patient/family sampling and instruction for home use.
- Collaborates with the interdisciplinary team individually and in meetings in recommending, implementing and monitoring nutrition interventions.
- Provides professional and staff education to ensure the safe management and care of patients and families by clearly presenting formal and informal in-service classes in all outpatient clinics and by providing clearly understood written and /or printed information. May provide written and verbal information at professional conferences and seminars.
- Provides advanced clinical nutrition practice information/education to the community in the utilization of nutrient-dense foods to promote cancer prevention in at risk family members and local populations.
- Participates in cancer projects for quality improvement.

JOB DESCRIPTION REQUIREMENTS:

- **Education:**
Required: Completion of an approved dietetic internship or the equivalent by the Academy of Nutrition and Dietetics.
Preferred: Master's Degree in Human Nutrition or related field.
- **Experience:**
Required: 3 to 5 years clinical experience.
Preferred: Experience in an acute care setting in a tertiary, acute care teaching/research facility including care of oncology patients
- **License/Certification:**
Required: Current Registered Dietitian with the Commission on Dietetic Registration
Preferred: Board Certification credential (CSO) for Registered Dietitians in Oncology Nutrition or (CNSC) for Nutrition Support.

**The posting of the position is currently in progress. In the interim, interested candidates can email his/her resume to Mary Shanahan, MS, RD (Clinical Nutrition Manager at Munson) to: mshanahan@mhc.net.*

Renal dietitian

Brief description: Renal dietitian position with the home-base at Roscommon dialysis and travel to Gaylord in-center dialysis and Grayling home-dialysis center. For further information and the link to the posting, go to: upnorthrd.com.

NORTHERN MICHIGAN DIETETIC ASSOCIATION NEWS**NMDA MEMBER ACTIVITY**

One of our members--Annie Murphy (PhD MSU, 1987; RD 1985) teamed with Dr. Katie Brown, National Education Director for the *Academy of Nutrition and Dietetics Foundation (ANDF)* and Dr. David Just from *Cornell University (Smart Lunchrooms)* to provide a presentation at FNCE 2015 (Nashville, TN) titled, "Strategies for Behavior Change among Low-Income Populations". Dr. Murphy presented the exciting results of an evaluation project that she worked on with the ANDF and Feeding America, in which food banks successfully took the lead to create a healthy hub for communities by adding health screening/treatment, physical activity opportunities, and nutrition education as part of their food distribution activities. An article about this project has been submitted to the *Journal of the Academy of Nutrition and Dietetics* so watch for it in the "From the Academy" section in the future. Annie has been writing grants and evaluating nutrition and physical activity programs throughout Michigan and at the national level for 20+ years. Her website is www.healthykidsevaluation.com. **Reminder:** FNCE 2016 will be in Boston on October 15-18. The timeframe to submit abstracts for posters, or oral presentations about research, projects or programs or innovations in nutrition and dietetics practice, is Jan 1–February 19, 2016; <http://www.eatrightfnce.org/fnce/abstractsubmission/>. Consider joining other RDNs from Michigan at this annual conference.

Submitted by Annie Murphy, PhD, RD

**Annie will present on vegetarianism at this year's NMDA spring conference.*

SAVE THE DATE!

- Michigan Academy of Nutrition and Dietetics annual conference on April 21st and 22nd, 2016 in Lansing, MI
- NMDA spring conference on Friday, May 6th, 2016 in Kalkaska, MI

RECIPE CORNER: Hash Brown Casserole*Ingredients:*

1 cup thinly sliced green onions
1/3 cup evaporated fat-free milk
2T stick margarine or butter, melted
1/2 tsp black pepper
1 (32 ounce) package frozen Southern-style hash brown potatoes, thawed
1 (8 oz) carton fat-free sour cream
1 (10 3/4 ounce) can condensed reduced-fat, reduced-sodium cream of mushroom soup, undiluted
1 1/2 cups (6 ounces) shredded reduced-fat sharp cheddar cheese, divided
Cooking spray
1/2 tsp paprika

Directions:

1. Preheat oven to 350 degrees.
2. Combined the first 7 ingredients in a large bowl; stir in 1 cup cheese. Spoon mixture into a 13x9-inch baking dish coated with cooking spray. Sprinkle with the remaining 1/2 cup cheese and paprika. Bake at 350 degrees for 55 minutes or until bubbly.

Source: The Complete Cooking Light Cookbook, 2000.

**This recipe serves as a great side at Thanksgiving dinner!*

MEMBER SPOTLIGHT: Emilie Klemptner, MS, RD

Emilie Klemptner, MS, RD obtained her Bachelor's degree at Kalamazoo College with a major in chemistry. She has always had a passion for food and learning about nutrition. As a result, Emilie went on to acquire her Master's degree in nutritional sciences at the University of Wisconsin while simultaneously fulfilling her didactic requirements. She completed her dietetic internship at the University of Michigan.

Upon completion of her internship, Emilie worked as an RD at the University of Michigan for 5 years. Initially, she worked as a float dietitian where she covered several inpatient services. She then became the RD for the gastrointestinal and liver transplant services, which eventually expanded to include outpatient responsibilities for the liver transplant clinic.

Emilie recently moved up to Traverse City. She has enjoyed spending time with her son at home but looks forward to returning to work in the near future. In her spare time, Emilie likes exploring Traverse City with her husband and son, reading, playing tennis, cheering on her favorite sports teams (Wolverines, Lions, and Tigers), cooking, and playing board games.

On behalf of NMDA, we welcome Emilie and her family to northern Michigan!



AMERICAN DIABETES MONTH

November is American Diabetes Month! This year's theme is "Eat Well America." The American Diabetes Association hopes to convey the message that "eating is one of life's greatest pleasures, and enjoying delicious, healthy foods helps with diabetes management. This November, the Association will show our nation how easy and joyful healthy eating can be."

According to the American Diabetes Association, here are some recent statistics/facts:

- Nearly 30 million children and adults in the United States have diabetes.
- Additionally, 86 million Americans have pre-diabetes and are at risk for developing type 2 diabetes.
- The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$245 billion.
- Complications and co-morbid conditions of diabetes include: hypoglycemia, hypertension, dyslipidemia, CVD, stroke, blindness/eye disease, kidney disease, and amputations.

Source: American Diabetes Association at www.diabetes.org