

F A L L 2 0 1 8

The Northern Lights

The Northern Michigan Dietetic Association

Hello wonderful NMDA members!

I hope everyone has had a smooth transition into fall! As a reminder, if you would like to donate your talent, expertise, and a small amount of time to the NMDA board, contact one of the board members! We love to hear new ideas and what YOU would like to see from your organization.

We have set a date for a spring NMDA conference (see "Save the Date" section) and will offer it FREE to members as an added perk. Stay tuned for details!

In this issue, you will find:

- Dates to remember and member news
- Job posting
- Spotlighted member
- Two recipes
- Information on American Diabetes Month

Best,

Julie Poole, MS, RDN/NMDA Secretary & Newsletter editor



YOUR NMDA BOARD MEMBERS

Co-chairs: Lynette Maxey, RD, CDE (lmaxey2@mhc.net)

& Amy Britton, RD (abritton@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)

NMDA Website: www.upnorthrd.com

SAVE THE DATE

- NMDA spring conference: Wednesday April 17th, 2019 in Grayling
 - As a benefit to **NMDA members**, conference registration will be **FREE!**
 - The fee for non-NMDA members is \$50.00
- Michigan Academy spring conference: May 9 & 10, 2019 in Sterling Heights

LOCAL JOB POSTING: Registered Dietitian 2 at Munson Grayling Hospital in Grayling**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 software applications.
- Demonstrates competency in Nutrition Support practices.
- Demonstrates competency in Nutrition Focused Physical Assessment to support the Malnutrition platform.
- Provides individualized, evidence-based nutrition care in the Inpatient/Resident/Infusion Clinic settings in relation to the patient's diagnosis, treatment, age group, nutrition status and other assessed parameters.
- Practices the Nutrition Care Process with proficiency in ADIME charting in the EMR.
- Provides patient education to prevent 30-day readmissions.
- 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.
- May provide written and verbal information at professional conferences and seminars.
- Participates in department projects for quality improvement and strongly supports the True North mission of Munson Healthcare.
- Participates in driving the Quality/ Health Care Team programs provided including Core4 Weight Management, the Traffic Light Program and the Readmission Reduction Program.

JOB DESCRIPTION REQUIREMENTS:

- **Education:**
Required: Registered Dietitian status in compliance with CDR.
Strongly Preferred: Master's Degree in Human Nutrition or related field.
- **Experience:**
Required: 2 to 3 years clinical experience.
Preferred: Experience in an acute care setting in a tertiary, acute care teaching/research facility
- **License/Certification:**
Required: Current Registered Dietitian with the Commission on Dietetic Registration
Preferred: Board Certification credential for Nutrition Support (CNSC).

WIN A FREE MICHIGAN ACADEMY CONFERENCE REGISTRATION

Do you plan to attend the MAND spring conference in Sterling Heights? If so, submit your name to Julie Poole at julie.poole1@gmail.com to be entered in a drawing for a free conference registration. The deadline is January 4th to be a part of the drawing!

SPOTLIGHTED MEMBER: Crevlyn (Lynn) Bell, RD

Crevlyn (Lynn) Bell obtained her Bachelor's degree in dietetics from Michigan State University and completed her dietetic internship at Barnes Hospital in St. Louis, MO. She then began her 50-year (and counting!) career as a registered dietitian. Her love for nutrition started while working in food service at a summer camp after high school.

Throughout the years, Lynn moved over 13 times, living in Virginia (Norfolk and Frederickburg), Mississippi, Ohio, New Jersey, Indiana, Illinois, and Michigan (Lansing, Alpena, Petoskey, Alma, Saginaw, and Cheboygan). Moving frequently taught her to be flexible and resulted in many job opportunities including: clinical dietitian, diabetic dietitian, consultant in long-term care, vocational high school food service teacher, co-owner of a casual fine dining restaurant, relief dietitian, and Director of Nutrition Services in both long-term care and hospital settings. For over 23 years, Lynn was employed by Marriott Management Services, then Sodexo Health Care Services. She "retired" in 2012 after being the Director of Nutrition Services for 7 years at St. Mary's of Michigan in Saginaw.

Currently living in Cheboygan, Lynn has continued to work full time and serves as the Nutrition Services Director/Registered Dietitian at Medilodge of Rogers City. Over the years, wherever she has lived, Lynn has been a member of the national, state, and local dietetic associations. While in Saginaw, she served on the advisory board of the Central Michigan Dietetic Internship for 12 years. Lynn has always been thankful for selecting the dietetics profession and will continue to work as long as she loves going to work every day.

Outside of work, Lynn has been president of her homeowner's association for 5 years and is involved with her church in Mackinaw City. She and her husband celebrated their 50th wedding anniversary in September and love living on Lake Huron.

On behalf of the Northern Michigan Dietetic Association, we would like to congratulate Lynn on being a 50-year member of the Academy and for all she has contributed to the dietetics profession during this time!

RECIPE CORNER: Stuffed Acorn Squash



Ingredients:

- 3 med-large acorn squash
- 1 box lower sodium stuffing
- 1 lb. package breakfast type sausage
- 1/2 cup carrots- diced or shredded

Directions:

1. Cut acorn squash in half and remove seeds. Place in 9 X 13 (glass) pan with about ½ inch of water in it. Cover with plastic wrap. Microwave for about 7 minutes and check tenderness of squash. Continue microwaving until fork tender.
2. Brown the sausage with the diced carrots. Drain any grease. Rinse to remove additional fat.
3. Make the stuffing according to directions. (You can make the stuffing from scratch if you'd like.)
4. Fill the squash.
5. Bake in a 350 degree oven until the stuffing mixture is nicely browned.
6. This is quick, easy, & my family loves it.

Optional Ingredients – Diced apples, dried cranberries or dried cherries, raisins, cinnamon... Add when making the pork stuffing.

Created and submitted by Lynette Maxey, RDN, CDE & NMDA Co-chair

Recipe: Crockpot Cinnamon Oatmeal

Prep 5 minutes. Cook 2 hours.

Ingredients:

- 2 cups oatmeal
- 2 eggs, beaten
- 3 cups milk
- ½ cup brown sugar (or ¼ cup brown sugar + ¼ cup molasses)
- 2 Tbsp baking mix or all-purpose flour
- 1 Tbsp cinnamon
- 1 ½ tsp vanilla
- Alternates: Add 3 apples, peeled, sliced and cubed.

Instructions:

- In a 4 quart crockpot, mix all of your ingredients. Set crockpot on high for 2 hours or low for 4 hours. Cover and cook.
- When done, remove lid and scoop oatmeal into bowls and serve.
- You can refrigerate and scoop out desired amounts throughout the week for breakfast. If made without apples, add 1 apple, peeled, sliced, and cubed prior to reheating in microwave.
- Add milk to meet desired consistency.

Submitted by Kim Hornacek, RD & NMDA Treasurer



AMERICAN DIABETES MONTH

November is American Diabetes month! This year is dedicated to “everyday reality” to help people to understand the facts and myths surrounding this disease and the reality that people with this condition deal with on a daily basis. By educating individuals about diabetes and its risk factors, people who are at high risk for diabetes can make positive lifestyle changes to significantly reduce their risk.

A few facts:

- Greater than 30 million Americans suffer from diabetes (~ 1 in 10 individuals)
- 84 million adults are at risk for developing type 2 diabetes
- 1.5 million Americans are diagnosed each year
- In 2017, the cost of diagnosed diabetes in the United States was approximately 327 billion dollars
- Diabetes is the 7th leading cause of death in America

Source: diabetes.org