

S P R I N G 2 0 1 8

The Northern Lights

The Northern Michigan Dietetic Association

Hello NMDA members!



It's that time of the year again! The 2018 spring membership drive is beginning now, and we hope that you will renew your membership! The 2018-2019 membership period will run from June 1st, 2018 through May 31st, 2019. The membership form has been emailed to you. Please complete and mail it with your payment to the address listed on the form by May 31st. Membership in NMDA provides an easy way to network with other dietetics professionals and stay up-to-date with what is going on locally in our profession. We look forward to supporting each other as nutrition professionals.

In order for NMDA to continue to grow and thrive, we still are looking for individuals who are willing to step into leadership roles. Please consider donating your talent, ideas, and a small amount of time to help support our local association. Serving on the board is a fun experience in which you are provided valuable leadership skills, a way to give back to the profession, and a chance to network with many of the dietitians in our region. Contact a board member for more information.

In this newsletter, you will find: important dates/member news, spotlighted member, recipe, & and a summary of the recent Michigan Academy spring conference.

Best,

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

SAVE THE DATE

NMDA Membership Drive: Now through May 31st

- Send in your application and payment by this date to avoid any interruption in correspondence from NMDA & pass on the word to your colleagues!

Michigan Academy Fall Conference: Friday, September 21, 2018 in Howell, MI

FREE NMDA CONFERENCE WINNER

Congratulations to Connie Farrier, RD, the winner of a free Michigan Academy spring conference registration. We hope you enjoyed it!

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)

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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

SPOTLIGHTED MEMBER: Janet Gaffke, MS, RDN, SNS

Janet Gaffke, MS, RDN, SNS, obtained her Bachelor's degree in dietetics and her Master's degree in Institution Administration from Michigan State University. Following college she completed a dietetic internship at Indiana University Medical Center in Indianapolis. Janet was a farm girl who joined 4-H at the age of 10 and participated until she graduated from high school learning about food preparation and preservation, as well as growing crops and food animals. Through 4-H programs, she visited Michigan State University (MSU) several times and became acquainted with the university and its programs. During her freshman year in high school, her church youth group attended a career fair where she picked up a brochure on dietetics. That brochure convinced her to study dietetics in college so she became one of those rare people who decide on a major and never changed it. Her choice was confirmed following a summer job at St. Luke's Hospital in Saginaw working for the woman who became her mentor, Janet Mills, RD.

Janet's work experience started while in college working vacations and summers at St. Luke's Hospital in Saginaw doing everything from Vegetable Cook to Relief Supervisor. She was hired as the first female Student Cook at MSU in the Brody Complex and later at McDonel Hall. The motivation to apply as a Student Cook was to get out of the Brody dish room with dirty dishes coming from four dining rooms!

Professionally, Janet held an Administrative Dietitian position at St. Luke's Hospital for three years as an assistant to her mentor, Janet Mills, RD. This was during the early days of the Tri-City Dietetic Traineeship, which evolved into the present day program at Central Michigan University. Janet moved to a position with the Veterans Administration Medical Center where she spent nearly five years as the Traineeship Director. She led the conversion of the Traineeship to an accredited Dietetic Internship for six interns in six hospitals and numerous affiliations in Saginaw, Bay City, and Midland.

In 1983, Janet began working for Bay City Public Schools, a district of over 10,000 students and as many as 30 feeding sites. Her career path took her to Grayling in 1994 to assume a similar position in a much smaller school district, Crawford-AuSable, where she could have more time off to spend with her two young sons. After 25 years managing Child Nutrition Programs, Janet retired from full-time employment and went to work part-time for Michigan Department of Education (MDE). For eight years she worked annually with as many as 50 school districts assisting them in completing the work and application for the "HealthierUS School Challenge", a recognition program from the United States Department of Agriculture (USDA). Since retiring, Janet has done nutrient analysis work for MDE on an as needed basis. She continues to be an instructor for the School Nutrition Association of Michigan and a trainer for the federally funded Institute of Child Nutrition located at the University of Mississippi providing nutrition, food safety, and food service management topics in the state and nationally. She is a ServSafe instructor and a proctor for the ProMetric food safety examination. Additionally, Janet is a past president of the former Michigan Dietetic Association and a past president of the School Nutrition Association of Michigan.

Janet and her husband, Tom, have an active family with four sons and their families. Together they enjoy travel by road trip as well as cruise ship and have spent most of the winter in Florida the last two years. Janet plays keyboard with her church's Praise Band, sings in the choir, directs the Handbell Choir, and is active on the Relay for Life team. She enjoys reading and the challenge of learning to be a better Bridge player. She and Tom are avid Spartan basketball fans and follow the Detroit Tigers.

RECIPE: Baked Turkey Tacos**Ingredients**

- 1 teaspoon olive oil
- 1/2 small onion diced (about 1/2 cup)
- 1 pound ground turkey
- 1 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon salt
- 1 cup refried beans (if using canned, that's about a half-can)
- 1/3 cup enchilada sauce homemade or store-bought
- 12 hard taco shells
- 3/4-1 cup shredded cheese such as cheddar or taco variety

Instructions

1. Preheat oven to 400 degrees.
2. Heat oil in a skillet over medium heat.
3. Add onions and cook 1-2 minutes while stirring.
4. Increase heat to medium-high and add turkey, stirring and cooking until browned (should reach a safe internal temperature of 165 degrees F). Drain excess liquid if needed (if you use leaner turkey, you may be able to skip this step).
5. Reduce heat to medium-low and add seasoning and beans. Stir to combine.
6. Add enchilada sauce and stir well. Remove skillet from heat.
7. Fill taco shells evenly with mixture. Place shells in a 9x13 pan and top with shredded cheese.
8. Bake uncovered for 5-7 minutes or until melted and heated through.
9. Serve immediately with toppings such as avocado, salsa, and sour cream.

Source: <https://www.realmomnutrition.com/baked-turkey-tacos/>

MICHIGAN ACADEMY SPRING CONFERENCE

The Michigan Academy of Nutrition and Dietetics (MAND) spring conference took place on April 26th and 27th in Bay City. The conference was jam packed with a variety of dynamic speakers. Dr. Jon Robison presented Thursday's keynote, "Health at Every Size: Helping People Make Peace with Their Bodies and Their Food" while Dr. DeAndrea Beck gave Friday's keynote on "Harnessing University Discovery, Engagement, and Learning to Achieve Food and Nutrition Security." General sessions on the FODMAP diet, creating a passionate conversation about your career, and nutrition focused physical exam were also well received by the participants. Jill Jayne energized the room and got everyone moving in her evening session of "Nutrition Education Through Entertainment."

The breakout sessions spanned a range of topics including a hands-on nutrition focused physical exam workshop, sports nutrition, ethics, nutrition support in critical care, a community panel, private practice strategies, infant nutrition, and diabetes care. Participants had the opportunity to learn about the latest products and services from the exhibitors. Additionally, many participants took part in a fun 5K run/walk at the end of the first day, which provided a chance to move while networking with fellow dietitians. The Michigan Academy Conference Planning Committee looks forward to seeing many of you at next year's spring conference in Sterling Heights!

