

S U M M E R 2 0 1 6

The Northern Lights

The Northern Michigan Dietetic Association

Happy summer NMDA members!

We appreciate all of our returning members who have renewed their membership, and we welcome all of those who are new to the Northern Michigan Dietetic Association! Our membership drive is at a close, and we currently have 36 members for the 2016-2017 period. Additional dietitians sometimes join throughout the year, so we encourage you to continue to spread the word to your colleagues. Each person's membership is appreciated, and we value each of you as an integral component to the success of our local dietetic association. We hope that you will take advantage of everything that NMDA has to offer this year. If you have any ideas on how to make NMDA more purposeful to you, the board is always open to feedback.



In this newsletter you will find:

- ~ Information on our recent spring conference*
- ~ Dates to remember*
- ~ Recipe*
- ~ Member spotlight*
- ~ Information on the season for various Michigan produce*

We look forward to sharing another exciting year with you!

Best,

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

2016 NMDA SPRING CONFERENCE

The 2016 NMDA spring conference in Kalkaska proved to be another successful event. This year's topics included: new evidence for oral supplements with HMB in malnourished and hospitalized patients, vegetarianism, decreasing kitchen waste, and continuous glucose monitoring. Additionally, participants had the opportunity to tour Kalkaska's new Green House, participate in product sampling from Abbott Labs, and enjoy a delicious lunch. While the information and credits obtained from the conference is undoubtedly valuable, this event also provides a face-to-face opportunity to meet and network with other local dietitians. If you have any topic or speaker ideas for the 2017 spring conference, please contact one of our board members with your suggestions!

SAVE THE DATE

- *Michigan Academy of Nutrition and Dietetics (MAND) fall conference: September 23, 2016 in Howell, MI*
- *Michigan Academy of Nutrition and Dietetics (MAND) spring conference: May 4-5, 2017 in Grand Rapids, MI*
- *NMDA spring conference: Spring 2017, exact date TBD*

YOUR NMDA BOARD MEMBERS

Co-chairs: Amy Britton, RD (abritton@mhc.net) & Lynette Maxey, RD, CDE (lmmaxey@mhc.net)

Treasurer: Kimberly Hornacek, RD (khornacek@mhc.net)

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Webmaster: Meghan Damman, RD (mdamman@mhc.net)

NMDA Website: www.upnorthrd.com

RECIPE CORNER: CRISPY KALE “CHIPS”

Ingredients

- 1 head kale, washed and thoroughly dried
- 2 tablespoons olive oil
- Sea salt, for sprinkling

Directions

- Preheat the oven to 275 degrees F.
- Remove the ribs from the kale and cut into 1 1/2-inch pieces. Lay on a baking sheet and toss with the olive oil and salt. Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food.

*Source: <http://www.foodnetwork.com/recipes/melissa-darabian/crispy-kale-chips-recipe.html>
(Recipe courtesy of Melissa d'Arabian)*

MEMBER SPOTLIGHT: EILEEN MIKUS, MS, RD, CDE

Eileen Mikus, MS, RD, CDE obtained her Bachelor's degree in nutrition at the University of Michigan. As a freshman in college, she chose an elective course in nutrition. She found the class to be so interesting that she decided to study nutrition instead of her original interest of architecture. Following graduation, Eileen started her Master's degree at Michigan State University but was encouraged by her mentor to apply for an internship. As a result, she went on to complete an internship and Master's degree at Frances Stern Nutrition Center in Boston, Massachusetts. During her time in Boston, she was engaged to her husband and planned a Michigan wedding- without the Internet!

Eileen's first position as a registered dietitian was at Chippewa County War Memorial Hospital. She then held several different positions with home health care, Community Mental Health, outpatient clinics, and hospital and grant-based diabetes programs. Eileen has been a Certified Diabetes Educator since 2000 and is currently employed as a Survey Manager for the Federal Survey and Certification Division of the Michigan Bureau of Community and Health Systems. Additionally, she has been active in her professional associations and has held local, state, and national positions.

Outside of work, Eileen loves to spend time with her family, which includes her three adult children and her young twin grandsons. She also enjoys movies, book club, knitting, yoga, walking, and tennis.

Eileen stated: “As I look back over 33 years as a Registered Dietitian, I am thankful to have met and worked with so many talented, smart people who comprise our profession. Remember - the general public does not know who is most qualified to provide nutrition expertise, so we have to get out there and show them it is registered dietitians!”

Summer Produce in Michigan

Summer is a great time to enjoy fresh produce in Michigan. As dietitians, we encourage our patients and clients to eat fruits and vegetables as they are able to access them- for some this may mean fresh, local, and organic; for others this may mean frozen or canned. As a mother, I have enjoyed teaching my children about fresh grown produce this summer. We worked together to plant a garden, in which they had a large input in what we would grow. Ultimately, we decided on trying a small amount of several items including tomatoes, cucumbers, squash, peppers, lettuce, corn, cabbage, onions, basil, and cilantro. Additionally, we have enjoyed picking fruits at local U-Pick venues and trying new recipes with that particular fruit. I feel that these fun activities I have engaged in with my children can be applied to our patients and clients: When possible, encouraging others to plant a garden (or even a single plant), visit local farmer's markets, and pick local fruit or vegetables can be beneficial in many ways. These activities provide a great opportunity to try new foods, cook new dishes, increase fruit and vegetable intake, and, particularly for children, a chance to learn more about the origin of our food.

I sometimes find it difficult to keep track of when various fruit and vegetables are in season. Although the exact timing may vary from year to year, check out this comprehensive list from “A Healthier Michigan” (<http://www.ahealthiermichigan.org>):

- Apples, July through October
- Arugula, May through September
- Asparagus, April through June
- Basil, July through September
- Beets, May through October
- Blackberries, July into August
- Blueberries, July into August
- Broccoli, June through October
- Brussels sprouts, August through November
- Cabbage, June through November
- Cantaloupes, August and September
- Carrots, May through November
- Cauliflower, August through November
- Celeriac/celery root, August through October
- Celery, August through October
- Chard, May through September
- Cherries, June and July

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Continued: Summer Produce in Michigan

- Cilantro, June through September
- Corn, mid-June through mid-August
- Cucumbers, July through mid-October
- Eggplant, July through mid-October
- Garlic, August through November
- Garlic scapes/green garlic, May and June
- Grapes, August and September
- Green beans, July through September
- Green Onions/Scallions, June through September
- Greens (various), May through November
- Herbs, various, May through October
- Kale, June through November
- Leeks, August through October
- Lettuce (various), May through October
- Melons, July through September
- Onions, August through October
- Parsley, May through September
- Peaches, July and August
- Pears, August through October
- Peas and pea pods, June through August
- Peppers (sweet), June through September
- Plums & pluots, July and August
- Potatoes, July through November
- Radishes, May through October
- Raspberries, June into August
- Rhubarb, April through June
- Spinach, May through October
- Squash (summer), July through October
- Squash (winter), August through November
- Strawberries, June and July
- Tomatoes, July through October
- Turnips, August through November
- Watermelons, August through September
- Zucchini, July through October
- Zucchini Blossoms, July and August



Source for list:

<http://www.ahealthiermichigan.org/2011/06/19/pick-from-these-52-fruits-and-veggies-that-are-in-season-this-summer/>