

W I N T E R 2 0 1 8

The Northern Lights

The Northern Michigan Dietetic Association

Dear fellow NMDA members,

I hope that everyone is staying warm in this snowy weather! The board continues to seek individuals who are interested in stepping into leadership roles in NMDA, specifically as co-chair/president. If this is something you may consider, please contact me or another board member. 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.

Voting for both the Academy of Nutrition and Dietetics and the Michigan Academy will take place February 1st through the 15th. Look for Michigan member, Barbara Ivens, on the Academy national ballot for Treasurer Elect. Additionally, the following Michigan members are on the national ballot for offices in the DPG categories: Sharon Steinbach (FCP Nominating Committee), Robin Tucker-Falconer (RDPG Nominating Committee), Dawn Earnesty (PHCN Nominating Committee), Melissa Gerharter (SCAN Nominating Committee), Erica Raymond (CNM Secretary). It would be great to see Michigan represented at the national level! Go to www.eatrightpro.org/elections for easy online voting!

In this issue, you will find:

- ~Important dates to remember*
- ~Summary of the recent NMDA hospice continuing education event*
- ~Local job postings*
- ~Recipe*
- ~Spotlighted member*
- ~Information re: 2018 National Nutrition Month and Eating Disorders Awareness Week*

Warmly,

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

SAVE THE DATE

- Academy of Nutrition and Dietetics **and** Michigan Academy Elections: February 1st – February 15th
- National Nutrition Month: Month of March
- Registered Dietitian Nutritionist Day: March 14th
- Michigan Academy Spring Conference: April 26th & 27th at the Doubletree Hotel in Bay City
- NMDA Spring Conference: Date TBD

SUMMARY OF HOSPICE EVENT

By Chelsea Fitzpatrick, RD/NMDA Nominating Co-Chair

On December 6th, 2017 NMDA held a free dinner with 2 CPEU credits. Unfortunately, in northern Michigan we cannot predict the weather and Traverse City decided to have the first snowstorm of the year on that night. Many members planned on attending, but we were grateful to have four members safely join. Jenn Simmer from Hospice of Michigan is a very talented speaker and made sure to expand our knowledge on all the ways hospice can benefit individuals in each of our dietetic specialties. Tonya Cook from Great Lakes Home Healthcare also expanded our knowledge on the therapy services they provide, such as being the only home health care with speech therapy, and also graciously sponsored our dinner entrees. The non-perishable foods that members brought were donated to Father Fred. NMDA hopes to be able to plan more events like this in the future, maybe without all the snow.

YOUR NMDA BOARD MEMBERS

Co-chairs: Lynette Maxey, RD, CDE (lmaxey@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

LOCAL JOB POSTINGS

Part Time Registered Dietitian: Grand Traverse Internal and Family Medicine

Contact: Tammy Hollenbeck at tammyh@gtinternists.com

○ **Job Summary**

- We are looking for a knowledgeable Dietitian who is passionate about helping patients achieve their goals and lead healthier lives. Dietitians will develop trusting partnerships with their patients. They will learn about patient health concerns, goals, and dietary restrictions and preferences and work with them to create a healthier nutrition plan.

○ **Required Experience**

- 1 year

○ **Required Education**

- Bachelor's degree in nutrition
- Michigan State RD license

○ **Responsibilities**

- Speaking to patients to learn about their health goals and dietary needs, preferences, and restrictions.
- Developing nutrition plans for clients.
- Compiling information and tracking client progress towards their health goals.
- Entering patient information in patient database.
- Keeping informed about the latest discoveries in nutrition.
- Speaking to groups to promote healthy eating habits and proper nutrition.
- Make recommendations regarding nutrition labeling & nutrition standards for clients as needed

Full Time Registered Dietitian: Kalkaska Memorial Health Center

- Kalkaska Memorial Health Center seeking a full-time registered dietician for growing Chronic Disease Program. Job will include outpatient MNT, DSME, community education and other opportunities as program grows. If interested apply online www.munsonhealthcare.org/kmhc/employmentopportunities or call Katie at [231-258-3091](tel:231-258-3091) for details/questions.

RECIPE CORNER: Crunchy Peanut Coleslaw

Ingredients

- 1 cup reduced fat sour cream
 - ½ cup low fat mayonnaise
 - 2 tsp sugar
 - 1 Tbsp apple cider vinegar
 - ½ tsp salt
 - ¼ tsp white pepper
 - 4 cups finely chopped cabbage
 - 1 cup chopped cauliflower
 - 1 cup chopped celery
 - ¼ cup chopped onion
 - ½ cup chopped green pepper
 - ½ cup chopped cucumber
 - ½ cup chopped peanuts
- Dressing: In small bowl combine sour cream, mayo, sugar, vinegar, salt and pepper; blend well.
 - In a large bowl, combine rest of the ingredients (vegetables) except peanuts.
 - Add dressing and toss to coat.
 - Sprinkle with peanuts. (Each serving should get 1 Tbsp of peanuts)
 - Yields 8 servings
 - 1 cup = 125 calories, 7 gm fat, 320 mg sodium, 10 gm carbohydrate, 3 gm fiber, 4 gm protein

Contributed by Susan Blair, RD, CDE/ fellow NMDA member & adapted from the Taste of Home Comfort Food Diet Cook Book

**Susan suggests adding 2 ounces of diced cooked chicken to 1 cup of the coleslaw and put in a tortilla wrap for a light lunch*

SPOTLIGHTED MEMBER: Chelsea Fitzpatrick, RD

Chelsea Fitzpatrick, RD, received her Bachelor's degree in dietetics at Michigan State University and completed her internship through Central Michigan University. She was fortunate to complete her rotations in northern Michigan, with many of the current NMDA members serving as her preceptors. Chelsea has always been interested in food and food as healing. At the age of 16, she chose to become a vegetarian. As a result, she had to learn about what nutrients she would be missing by eliminating meat. Additionally, she discovered unique food trends and fun ways to incorporate plant protein into the diet of her and her family. This newfound passion ultimately led her to a career as a dietitian.

Upon completion of her internship, Chelsea obtained a position as a Clinical Dietitian with Sodexo where she worked for ManorCare HCR and covered other surrounding nursing homes in a small town in Pennsylvania. After 3 years, she moved back to Traverse City and became the Nutrition Services Director at Medilodge of GTC (previously known as Tendercare Birchwood). Chelsea has served in this position for 3 years and has had the opportunity to travel to other accounts in the northern and mid-Michigan areas. When the opportunity arises, she ultimately aspires to make a career change to work as a nutrition support dietitian in the ICU or NICU.

Outside of work Chelsea enjoys Bikram Yoga, traveling, boating, snowboarding, and spending time with her family and friends. She loves exploring all the delicious restaurants that continue to grow in Traverse City but also has a passion for creating decadent dinners at home.

NATIONAL NUTRITION MONTH AND REGISTERED DIETITIAN NUTRITIONIST DAY

March is National Nutrition Month, and the 2018 theme is "Go Further with Food". This theme serves as a reminder that the foods that one chooses can make a difference both on a personal level and on a global level. "As nutrition experts, Academy members can help people adopt healthier eating styles, while reducing food loss and waste." If you would like to inform NMDA of what you or your organization is doing for National Nutrition Month, email julie.poole1@gmail.com, and an email will be sent out to the members.

Registered Dietitian Nutritionist Day will take place Wednesday, March 14. Let's use this as an opportunity to remind the public that RDNs are the food and nutrition experts and of the important role we play in promoting optimal health!

Source: <http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month>

EATING DISORDERS AWARENESS WEEK

Eating Disorders Awareness Week (EDAW) will take place February 26-March 4. This year's theme is "Let's Get Real", with the purpose of discussing some of the atypical issues around eating disorders, to ultimately help individuals get the resources they need to recover. According to the National Eating Disorders Association (NEDA), "30 million Americans will struggle with a full-blown eating disorder and millions more will battle food and body image issues that have untold negative impacts on their lives." Registered dietitians play an important role in the multidisciplinary approach to treating eating disorders.

<https://www.nationaleatingdisorders.org/nedawareness>