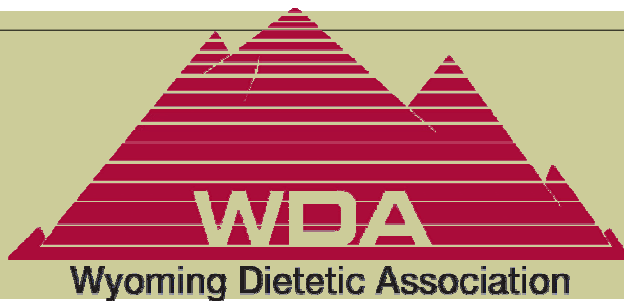


Range Rider



eat right. an affiliate of the
American Dietetic Association



Message from the President

Time flies when you're having fun. The members of the WDA Board of Directors have been busy with several great projects. Please review our attached To Do List and the Minutes from our last board meeting to get an update on WDA Activities.

As we continue working on the theme of the year....Connect Through Communication, we have accomplished several goals and have gotten a good start on several others.

The WDA membership telephone survey went very well. We appreciate you taking the time to visit with us and provide us with your valuable input. Survey results are included in the Range Rider.

- Our next board meeting will be in Cheyenne, January 15th at Cheyenne Regional Medical Center. Thank you to Leisann Paglia for helping to organize the meeting. We will be exploring the option of "Go To Meeting" in an effort to utilize the latest innovations in technology to help bridge the distance gap between us

- Heidi Gillette has been working with her committee members on planning the Annual WDA Conference.

Heidi has also made some updates to the WDA Website

www.wyomingdieteticassociation.com – Please visit the Website for upcoming information on the Annual WDA Conference.

- Kate Stratton-Schulz has been busy developing a committee which will re-visit licensure and provide education on licensure for our membership.

- Jackson was the first site to organize a WDA sponsored ADA teleseminar thanks to Janice Smith's efforts.

- We are also working on developing a Lending Library to provide another option for Continuing Professional Education – more information will be coming soon.

Beth Kamber visited with the University of Wyoming Student Dietetic Association and promoted the \$1000 WDA Scholarship and the new WDA/ADA Student Membership Scholarships. Thanks to Ellen Burbank for creating the scholarship application. Hope you have been having a productive year too. If you have questions on projects we are working on please contact me by email paulan@ivinsonhospital.org or call 307-760-7529.

Wishing you all a Happy, Healthy, Holiday Season.

Paula Needles, RD



Special points of interest:

- 2010 WDA Award Nominations
- Upcoming Teleseminars
- Other Upcoming Events

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Request Nominations for

2010 WDA Awards!!!

Nominations for 2010 WDA Award which include Outstanding Dietitian of the Year (ODY), Recognized Young Dietitian of the Year (RYDY), Emerging Dietetic Leader (EDL), and Recognized Dietetic Technician of the Year are being requested by the WDA Award Chair. Please have your nominations to Sharon Crispin by January 5, 2010. You may contact her at 307-673-1948 or e-mail at rcsc@fiberpipe.net.

The names of previous winners can be found in the front of your WDA 2008 Membership Directory. The 2009 winners were Ann Hunter ODY, Lorelee Ruess RYDY, and Kate Stratton-Schulz EDL.

Following are the **2010 WDA AWARDS CRITERIA:**

Outstanding Dietitian of the Year - This is the highest honor bestowed on a member by the Wyoming Dietetic Association. It is designed to recognize and honor a Wyoming dietitian who has made outstanding and significant contributions to WDA as well as to the profession of dietetics. The Wyoming Outstanding Dietitian of the Year will be recognized by ADA as the Outstanding Dietitian of the Year for the state affiliate.

Criteria: The recipient must be a member of the American Dietetic Association and the Wyoming Dietetic Association; must have lived and worked professionally in Wyoming for a minimum of five years and must reside in Wyoming at the time of the award; must have demonstrated leadership and/or outstanding accomplishments as an officer, committee chair or committee member at the state or national level in WDA and/or ADA; must have made outstanding contributions to the goals of the profession which are to improve the nutrition of human beings and to advance the science of nutrition and dietetics.

Recognized Young Dietitian of the Year - Award criteria are established by ADA. **Criteria:** Nominee must be 35 years or younger as of 3/31/10; must be a member of ADA; an active participant in national, state, or district levels; not previously selected as RYDY; demonstrated concern for the promotion of optimal health and nutrition status of the population; demonstrated leadership in legislation, research, education, management, etc., in the WDA.

Continued on page 3

"The 2009 winners were Ann Hunter ODY, Lorelee Ruess RYDY, and Kate Stratton-Schulz EDL."

Request Nominations for 2010 WDA Awards!!!

Emerging Dietetic Leader Award - Award criteria are established by ADA. **Criteria:**

Member of ADA; initial practice experience not less than 5 years and not greater than 10 years, interrupted careers or time periods not in practice are not to be considered or rationed into the 5-10 years of professional practice experience; active participation in the national and state assoc. for at least 5 years; not previously selected as an RYDY or RDTY; demonstrated concern for the promotion of optimal health and nutritional status of the population; demonstrated leadership, e.g. in legislation, research, education, management, etc. in the Association, community or employment.

Recognized Dietetic Technician of the Year - Award criteria are established by ADA.

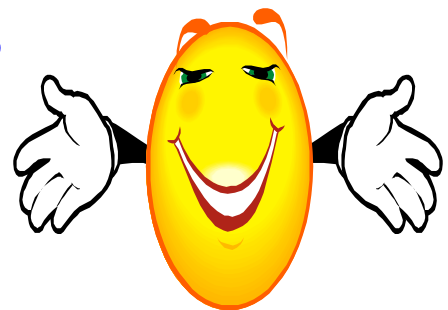
Criteria: Member of ADA; active participant in national, state, or district levels; not previously selected for this award, demonstrated concern for the promotion of optimal health and nutritional status of the population; demonstrated leadership in legislation, research, education, clinical dietetics, food service management, public relations, career guidance, etc., in the Association or employment.



New RD in Rocks Springs, Jossy Ibarra!

Jossy is the new nutrition and food safety educator with University of Wyoming (UW) Cooperative Extension Service, serving the western counties of the state, primarily Sweetwater and Uinta Counties. Fluent in English and Spanish, Jossy is a Registered Dietitian with a strong clinical background and a keen interest to apply her love of teaching in community settings.

***Welcome
Jossy !***



Public Policy Update: By Kate Stratton-Schultz

Health Care Reform - ADA is still working with House and Senate leaders to ensure that preventive services and nutrition programs remain in the bills. I want to encourage all of you to reach out to our member of Congress Rep. Cynthia Lummis who can be reached toll free at (888) 879-3599 and educate her about the importance of nutrition in health care reform. The message that ADA would like for us to help carry forward is that: "Health reform must focus on prevention and recognize the unique and vital role that nutrition plays in the prevention and management of many chronic diseases. Legislation that fails to make prevention the focal point of reform is insufficient."

Public Policy Workshop- It is never too early to be looking ahead and I want to invite all of you to ADA's Public Policy Workshop which will start Monday March 22 and will be offered again this year in a webinar format. This is a great way for members to learn the importance of public policy work while not having to put forth the expense to travel and attend. States again are encouraged to plan plenary parties to kick off this event. If anyone has any ideas on what they would like to do please let me know. Last year we had a much improved showing as a state, let's work on making this year's even better.

2010 Wyoming Legislature-This year will be a budget session which will convene Feb 8, 2010.

"Last year we had a much improved showing as a state, let's work on making this year's even better."



Upcoming WDA sponsored ADA Teleseminars:

- Doing What Is Right: Ethical Applications in Dietetics **January 22, 2010**
- Motivational Interviewing for Health Behavior Change **February 23, 2010**
- Ensure Quality Dietetics Practice with The Joint Commission's Accreditation Standards for Patient-Centered Care **May 19, 2010**

If you are interested in coordinating a site please contact Paula Needles at paulan@ivinsonhospital.org



2009 WDA Membership Telephone Survey Results Summary

We successfully surveyed 55% of the 74 members included in the survey. Some of the positive results found were:

- 51% of the surveyed members have been either been on the board of directors, on a WDA committee or have received an award from WDA.
- 68% of the surveyed members network with other WDA members.
- Email is the preferred mode on communication.
- 72% like the WDA Membership Directory with most feeling the directory did not need to be updated annually.
- A majority of the members stated that they had used the National Nutrition Month materials provided by Judy Barbe from the Western Dairy Association to promote National Nutrition Month.
- Regarding the Range Rider, the electronic version was the preferred format with a majority feeling that three editions a year was adequate.

Most surveyed members were in favor of:

- WDA Student Scholarships
- WDA sponsored ADA webinars/teleseminars
- Investigating licensure.

Areas identified for improvement included:

- WDA website utilization and employment page
- WDA annual conference attendance
- Several comments were received regarding obtaining education on licensure.

The information gathered was distributed to the appropriate WDA committee chairs.



"68% of the surveyed members network with other WDA members."

Other upcoming events:

- "Heart Smart-Heart Healthy" conference February 4-5, 2010 in Cody
- Wyo Action for Healthy Kids 2010 meetings - Feb. 11, May 13 & Oct. 21
- WIN WYO Get-Together, April 21-22, 2010 in Casper
- 2nd Chronic Disease Conference, May 5-6, 2010 in Cheyenne
- Health & Fitness Days planned for May 19, 2010 by the Governor's Council on Physical Fitness and Sports
- Society for Nutrition Education July 24-27, 2010, Reno, NV

