

### 2011-2013 WAND President's Final Report

These past two years as WAND President have been invaluable to me. I learned so much and was able to work with some amazing people! When I was first asked to join the Board 5 years ago, I was hesitant to accept because I felt I didn't know enough about the association to take on that kind of responsibility. But I learned as I went, asked tons of questions and had so much support from other board members. I strongly encourage WAND members to get involved on the Board...it is truly a rewarding experience, both personally and professionally. Let's all have a hand in making the Wyoming Academy of Nutrition & Dietetics the best it's ever been.

Thank you!

*Karla Case, RD, LD*

### 2013-2014 WAND President's Incoming Report

I would like to thank all the members for their help with the annual education conference in May and those that have volunteered to serve on the WAND Board for the coming year. If you are not aware of who is on the new Board of Directors, check out the listing on our website and see if there is an opportunity for you to participate with WAND. We are excited to hear your ideas! As we move into a new year, we encourage all members to participate in WAND activities by sitting in on a WAND Board meeting, getting involved with committees, shooting us an email on your thoughts, helping with the annual education meeting or with fundraising, or any activities that would be of interest to you. Members are the best resource for us so feel free to contact a board member if you hear of a potential member, member service, or a continuing education opportunity to pursue.

*Barbara Buyske, MS, RD, N, LD*

[bbyuske@gmail.com](mailto:bbyuske@gmail.com)

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## Looking for a WAND Member?

Check out the Updated WAND Membership List  
on the WAND Website

[www.eatrightwyoming.org](http://www.eatrightwyoming.org)

Member Section

Password: *eatwyo* – press the login button

Please email [info@eatrightwyoming.org](mailto:info@eatrightwyoming.org)  
with corrections.



## Wyoming Academy of Nutrition and Dietetics (WAND)

2013-14 Board of Directors

### WAND Officers

President: Barbara Buyske

President-Elect: Paula Eskam

Secretary: Becky Salisbury

Treasurer: Kate Stratton-Schulz

Delegate: Cheryl Gray

Nominating Committee:

Denise Ivey (Chair)

Becky Tvedt, Marguerite Jackson

Council on Professional Issues: Beth Kamber

### WAND Committees

AND/WAND Fundraising Chair: Debbie Collins

Annual Education Meeting Chair: Paula Eskam

Awards Committee Chair: Liz Fabrizio

By Laws Committee Chair: Karla Case

Communications Chair: Paula Eskam

Finance Committee Chair: Kate Stratton-Schulz

Media Representatives:

Judy Barbe & Leisann Paglia

New Membership Committee:

Jamie Wilder (Chair)

Marguerite Jackson (New Member Liaison)

Public Policy Representatives:

Kate Stratton-Schulz (Chair)

Codi Thompson (Co-Chair)

Registration/Continuing Education Committee

Chair: Cindy Mulcahy

Reimbursement Representative: Heidi Gillette

State Policy Chair: Kate Stratton-Schulz (*chair*)

State Regulatory Chair: Teresa Matheny-Lehmitz

### At Large WAND Board Members

Kristin Mctigue, Skye Murphy, Melissa Bardsley,  
Enette Larson-Meyer Sue Combe, Ann Hunter,  
Joan Franklin



## WAND Board Meeting Minutes

May 8, 2013

**Welcome – Karla Case**

Meeting called to order at 12:30pm

**Attendance:** Barbara Buyske, Karla Case, Kate Stratton-Schulz, Joan Franklin, Marguerite Jackson, Ann Hunter, Sue Combe, Leisann Paglia, Jamie Wilder

**Absent:** Judy Barbe, Heidi Gillette, Cheryl Gray, Debbie Collins, Paula Eskam, Heidi Gillette, Sharon Crispin,

**Approval of Agenda:** Yes. No additions.

**Approval of Past Minutes of January 22, 2013.**

### Board Member Reports

- **President's Report– Karla Case**
  - As outgoing president, I want to thank everyone for their dedication to the association.
  - President's report information will be covered in new business
- **President Elect – Barbara Buyske – President-Elect Report**
  - Conference update: All in on track and running smoothly
  - The president-elect position plans the annual conference
  - Anyone interested is being on the Board, contact Barbara
- **Past President's Report – Heidi Gillette**
  - Nothing to report
- **Secretary's Report – Joan Franklin**
  - Emails forwarded as requested
- **Treasurer's Report – Katie Stratton-Schulz**

WDA Treasurer Report as of May 8, 2013:

Savings Balance: \$15,146.91

Checking Balance: \$4,258.63

Total \$19,450.54

Investment Accounts

37 Month CD: \$15,729.77 Matures 4-23-14

37 Month CD: \$25,845.29 Matures 10-13-14

37 Month CD: \$5,096.95 Matures 2-23-16

Investment accounts total \$46,672.01

**Total Assets \$ 66,077.55**

Outstanding check for \$113.45 to Sharon Crispin

Outstanding Deposits for \$350.00 for three conference participants



## WAND Minutes Continued...

- **Delegate's Report** – *Cheryl Gray*

- Our virtual spring meeting was held this last weekend via the internet. The one topic covered was Food and Nutrition Insecurity. On day 1, delegates identified barriers that need to be overcome for members to reduce food and nutrition insecurity in their communities. We then discussed the question “As members, what are our unique qualities and/or contributions to lead efforts to end food and nutrition insecurity? Each table came up with one responsibility and one action to answer this question. . After this discussion, a tweet was written by each breakout group. The group I participated came up with the tweet: RDs/DTRs helping the community prepare healthy, affordable, quick meals #cooktogether.
- On Day 2 we had a presentation from “Feeding America” (I hope members had a chance to check out the “Feeding America” website and review the food insecurity map and take their hunger quiz). Next in the meeting, we broke out into our smaller groups and discussed: 1) what are the opportunities in my community that will effectively overcome each barrier? 2) What community resources can I potentially collaborate with? We then discussed in our small groups “How can we influence and facilitate sustainable change to minimize or eliminate food and nutrition insecurity?” Look for a Fact Sheet to be released on results from the meeting.
- Next we had a presentation of competencies and how they will be incorporated in the Professional Development Portfolio in place of the Learning Need Codes. This is just in the process of development. They are anticipating a final document in June 2014. A Scope of Practice resource will be used to develop competencies. This will be in the June 2013 journal supplement. There is also the Scope of Practice decision tool available for members online.
- Membership in the Academy is at an all-time high. Close to 74,000 so far. Also note the new credential dietitians can use RDN or Registered Dietitian Nutritionist.
- At the end of the meeting, Glenna McCollum was inducted as the new President for the Academy of Nutrition and Dietetics.
- Continue to check out the House of Delegates section on the website to read the Food Insecurity Backgrounder and other new topics.

- **Public Policy Report /Licensure Committee** – *Katie Stratton-Schulz*

- Kate is the new Licensure Liaison (between WAND and the Dietetic Licensing Board)
- **The Bills being followed during the last Legislative session, all failed**

- **Council on Professional Issues Report** – *Ann Hunter*

- Ann made a motion that the membership be polled regarding what practice groups they belong to in an effort to create a sharing library. Karla seconded the motion.

- **Awards Chair Report** – *Sharon Crispin*

- Nominations for the Wyoming Academy of Nutrition 2013 awards were requested from the membership via direct e-mail and through the Range Rider. A ballot was then distributed with the WAND Officers Ballot. The awards will be presented at the WAND annual meeting in Cheyenne.

- **ADA/WDA Fundraising Chair Report** – *Sue Combe*

- The silent auction will take place during the annual meeting



## WAND Minutes Continued...

- **Nominating Committee Chair Report** – *Debbie Collins and Marguerite Jackson.*

Elections for President-elect, Secretary, Nominating Chair, Nominating Committee, and Chair of Council of Professional Issues were held from February 1- March 1, 2013. The survey monkey process was used. There were 46 members who participated in the election. New board members will take office June 1, 2013. The results are:

- President elect— **Paula C. Eskam, RD, LD**
- Secretary— **Becky Salisbury RD, LD**
- Nominating Committee Chair— **Denise Ivey R.D. L.D. C.L.C**
- Nominating Committee — **Mary Tvedt, RD, LD, CDE**
- Chair of Council of Professional Issues— **Beth Kamber MS RD LD**

The cost of using survey monkey was 48.00 for the 2 months. The bill was submitted and paid.

- **Media Report** – *Judy Barbe and Leisann Paglia*

- Ads in the Star and Tribune Eagle during National Nutrition Month included the definition of dietitian. Although the ads were expensive, it was worth getting the message out and the feedback was very positive.

### Licensure Update: Leisann Paglia

- There have been inquiries from national insurance companies who have dietitians working with clients in Wyoming on Wellness Calls/Counseling. Some of these dietitians have sought Wyoming licensure. There will be some further contacting of insurance agencies as to if there are other dietitians providing services in Wyoming.
- There was a letter from the Wyoming Dietetics Licensing Board to the Wyoming Academy of Nutrition & Dietetics. Karla & Katie have received copies of this letter. Although there have been some cases reported about non-RD's providing MNT, based on the current law- because they are not referring to themselves as Licensed Dietitians, no further action can be taken. The Wyoming Dietetics Licensing Board provided the statute from the law that would need to be revamped/taken back to legislature to amend. The Wyoming Academy would need to facilitate & coordinate with the Wyoming Licensing Board to complete this. It is still important to provide formal reports to the licensing board of those practicing in question, and they will continue to be investigated on an individual basis.

- **Range Rider** – *Paula Eskam*

- Range Rider
  - The Spring Range Rider was published in February.
  - The next Range Rider will be published the first week of June. Please submit any information you would like included by May 31<sup>st</sup>.
- Website
  - New Domain Name: [www.eatrightwyoming.org](http://www.eatrightwyoming.org) (please notice .org instead of .com). I will email the WAND membership once the website is active.
  - Email address will be [info@eatrightwyoming.org](mailto:info@eatrightwyoming.org)
  - Once our new logo is developed, I'll update the website. Attached are examples from other affiliates.

- **Membership Report** - *Jamie Wilder*

- Compiling a directory of new members. There are seven new members at this some, some are students. Will complete the update after the new list comes out from AND following renewals
- Still considering doing a get-together



**WAND Minutes Continued...**

- **Old Business**

- Strategic planning will be at the Vee-Bar Ranch in Laramie on September 24, 2013. So far, 12 members have committed to attending this retreat.

- **New Business**

- WAND won a free FNCE registration and the winner will be drawn at the business meeting Thursday afternoon
- The Academy recognized Wyoming with the Preceptor's Award The iPad mini the Academy presented us with will be given to a winner drawn at the business meeting
- In November the Academy recognized Wyoming as having the most new members (based on population size). An award of \$500 was given, and will be added to the membership committee budget
- By-laws will need to be revised following the name change in January from Wyoming Dietetic Association to the Wyoming Academy of Nutrition and Dietetics
- New board members Becky Salisbury, Mary Tvedt and Beth Kamber will begin their respective duties June 1, 2013. Thank you to all outgoing board members.

Respectfully submitted  
Joan Franklin, Secretary



*A Very Special Thank You to Karla Case for her Leadership for not just one but two terms as the WAND President. Thank you for stepping up and leading the Wyoming Academy of Nutrition & Dietetics to two successful years. Your dedication to the Dietetic Profession is greatly appreciated.*

*Thank You to the Outgoing Board Members and Committee Chairs  
For Your Service*

*Heidi Gillette      Joan Franklin      Sue Combe  
Ann Hunter      Sharon Crispin*



## Elections Results!

### WAND Board Results

- President Elect— **Paula C. Eskam, RD, LD**
- Secretary— **Becky Salisbury RD, LD**
- Nominating Committee Chair— **Denise Ivey R.D. L.D. C.L.C**
- Nominating Committee — **Mary Tvedt, RD, LD, CDE**
- Chair of Council of Professional Issues— **Beth Kamber MS RD LD**



### WAND Annual Awards

- Outstanding Dietitian of the Year – Paula Eskam
- Outstanding Dietetic Student – Michelle N Felts

### WAND Scholarship Recipient

This year's recipient of the WAND Scholarship was Laurel "Annie" Wambeke. Annie is active in both SDA and Phi U, she spearheaded the Relay for Life Teams for both organizations. Annie will serve as the SDA President for 2013-2014 Academic Year.





***Congratulations to WAND!***  
*We were the recipients of numerous Academy Awards and Recognition this past year*



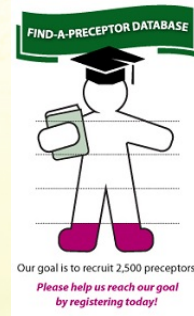
Wyoming had 44.34% of it's members Vote in the Annual Academy Election.  
**The highest % of all states.**

WAND won a free FNCE registration for Project Vote.  
The WAND Winner was Ann Hunter!

The Academy recognized Wyoming as having the most new members (based on population size).  
An award of \$500 was given, and will be added to the membership committee budget

### **National Preceptor Month**

Initiated in 2013, April was National Preceptor Month in an effort to raise awareness of not only the need for preceptors but also to recognize and thank the practitioners who take the time and make the effort to create the next generation of professionals by teaching students in their workplace. Without preceptors, our profession and our Academy would not exist.



To register as a Preceptor visit:  
<http://www.eatright.org/ACEND>

The Academy recognized Wyoming for the number of registered Preceptors with the Preceptor's Award and an iPad mini.

### **Message from Wyoming's Delegate**

The presentation slides from the Feeding America presentation and the Practice Competencies Initiatives presentation are available on the eatright.org website.  
Members, please review.

Also, look for a survey monkey to be sent via email so I best know how to get information to members! Please complete.

Thank you!

Cheryl Gray,  
Wyoming Affiliate Delegate



## 2013 Annual Education Conference

The Health, Nutrition, and Mindful Eating in Rocky Mountain Communities conference was held on May 8th & 9th at Little America in Cheyenne. There were a variety of speakers including Cathy Breedon, PhD, RD, *Nutrition in Maternal Child Health & Chronic Disease*; Mary Harris, PhD, RD, *Improving Maternal Outcomes with Omega 3 DHA*; Donald Altman, *Mindful Eating, Compassion, and the Power of Pause and the Mindful Change Process*; and Pam McCarthy, MS, RD, *Tapping into the Power of Influence: Simple Ways You Can Be A More Effective Change Agent*. It was neat to see old friends and new faces at the conference! Several members have requested the nutrition education materials from the conference, which we hope to post on the WAND website as soon as we get the updated version from Cathy Breedon.

*Submitted by Barbara Buyske,  
Annual Conference Chair & 2013-2014 WAND President*

### WYOMING ACADEMY OF NUTRITION AND DIETETICS HOSTS SUCCESSFUL ANNUAL SILENT AUCTION

The event was held May 8th and 9th at Little America in Cheyenne at our annual conference and business meeting. Thanks to our generous members and friends, we raised a total of \$508.00. We had 17 items in the Silent Auction and that raised \$353.00 and the On-Site Raffle which included 8 items raised \$155.00. This money goes a long way in funding our UW Scholarships and the many important activities of our Academy.

A big thanks goes out to the following Academy members for their generous donations - Barbara Buyske, Karla Case, Beth Kamber, Ann Hunter, and Codi Thompson. We so much appreciate all of you who attended and participated and we hope you had fun and are pleased with the results!

Sue Combe, RD, LD, CLC  
WAND Fundraising Chair

### Health, Nutrition, and Mindful Eating Practices in Rocky Mountain Communities

**Conference Handouts are located on  
the Home Page of the WAND Website**

[www.eatrightwyoming.org](http://www.eatrightwyoming.org)

[Mindful Eating, Compassion, and the  
Power of Pause](#)

[Mindful Change Process, Mindfulness of  
Body/Emotions, & The Mindful Eating  
Journey](#)

["Are You a Skillful Mindful Eater?" Quiz](#)

[Harris Handout](#)

[Notes from Health, Nutrition & Mindful  
Eating Practices in Rocky Mountain  
Communities](#)

[Open the Door to Greater Influence](#)

[Proteins are Not Created Equal](#)

[High quality protein promotes optimal  
health](#)



## Continuing Professional Education (CPE) Hours for Licensed Registered Dietitians

- *Each licensee shall earn a minimum of thirty (30) contact hours of CPE during each two (2) year renewal period.*

For Additional Information

Visit the Professional Licensing Boards Website at:

<http://plboards.state.wy.us/>

### The Dietetics Licensing Board Members:

**Mindy Meuli – Chair**

Dietitian – Laramie, WY

**Leisann Paglia**

Dietitian – Cheyenne, WY

**Anne Saunders**

Public Member- Douglas, WY

### **FREE HP WEBINAR: The Power Team: Combining Protein and Resistance Exercise for Effective Results**

National Dairy Council® will be hosting a free educational webinar, *The Power Team: Combining Protein and Resistance Exercise for Effective Results*, on Thursday, June 27 from 1:00 - 2:00 ET/12:00 - 1:00 CT. Continuing education credits from the Academy of Nutrition and Dietetics, the American Council on Exercise and the National Strength and Conditioning Association are available. **Please share this information with health and fitness professionals who work with active adults. Following is the registration link and webinar description.**

Registration link: <http://wheyprotein.nationaldairycouncil.org/conferences/the-power-team-combining-protein-and-resistance-exercise-for-effective-results/>

During this webinar, sports dietitians Leslie Bonci, MPH, RD, CSSD, LDN and Susan Kundrat, MS, RD, CSSD will discuss the state of protein intake among Americans, including current consumption patterns, recommendations for active adults, and the latest research on the powerful combination of high-quality protein and exercise. Learn how you can help your clients achieve their body composition goals through smart protein choices and exercise practices. Recommended menu plans, high-quality protein meal and snack ideas and simple recipes will be shared to help make it easy for your clients to add more protein power to their diet. Sign up today – space is limited!

Thanks, Judy Barbe





**Health Program Manager I**

Working Title: WIC Nutrition Coordinator and State Supervisor  
(Recruitment ID: HSHP11-21711)

**HIRING RANGE:** \$5,001.00 - \$5,883.00 per month

**CLOSING DATE:** Open Until Filled

**DEPARTMENT:** Department of Health, Public Health Division, Community Health

**LOCATION:** Cheyenne

**CLASS CODE:** HSHP11

**FLSA:** Exempt

**GENERAL DESCRIPTION:** Enjoy a small town atmosphere only 100 miles from Denver, with no state income tax, and an average of 300 days of sunshine each year with nearby access to skiing, hiking, fishing, hunting and other outdoor activities.

Opening doors to a career with the Wyoming Department of Health (WDH). WDH is seeking highly qualified individuals who are willing to meet the challenges of public service and support the agency's mission. This position has responsibility for the nutrition component of the Wyoming Women, Infants, and Children (WIC) Program. The position also manages the operations for half of the local agencies. Apply now if you would like to make a difference in the health and welfare of the women, infants, and children of Wyoming!

**ESSENTIAL FUNCTIONS:**

- Manages overall operations (budgets, fiscal expenditures, human resource management, quality assurance, monitoring and evaluation, local agency nutrition education plans, time studies, and contracts) in assigned local WIC agencies statewide.
- Provides technical assistance to 19 local agencies regarding nutrition, health education, and supplemental food policy for clients.
- Develops quality assurance indicators for local agencies and monitors progress, facilitating change to assure positive health outcomes in WIC participants.
- Develops, implements, and evaluates state and local agency Policy and Procedure Manual and State Nutrition Education Plan.
- Establishes, defines, and updates standards for nutrition and health assessment for WIC clients, and develops certification and nutrition education materials.
- Supports management of the WIC Program within the mission of the Public Health Division through assessment, policy development, and assurance in the delivery of community-based, family-centered, coordinated care.
- Plans nutrition component of State meetings and nutrition trainings or conferences, with input from local agencies and State WIC office associates.
- Establishes WIC food benefits by regulation and translates to appropriate smartcard authorization levels by type of participant and duration of benefit period.
- Orders special medical formulas as needed.
- Educates for continuous improvement through USDA's Value Enhanced Nutrition Assessment (VENA) initiative.
- Supervises assigned regional staff.
- Ensures that quality program compliance, customer service, and correct information are provided to program clients and agency staff.

**KNOWLEDGE AND SKILLS:**

- Knowledge of employee supervision, leadership, performance management, and team building techniques.
- Ability to be self-directed, organized, assertive, and to exercise independent judgment.
- Knowledge of governmental budgeting, accounting principles, and record keeping.
- Knowledge of and ability to apply federal, state, and local rules and regulations pertaining to program and evaluate these services and programs.
- Skill in critical thinking, communication, and collaboration.
- Knowledge of developing and implementing policies and procedures and evidence based practices.

**PREFERENCES:**

Preference will be given to applicants with a Master's Degree and experience in maternal child health. Registered/Licensed Dietitian or Registered Dietitian Nutritionist required for this position; Bachelor's Degree in nutrition, public health nutrition, nursing, or health related field with at least one year of experience.

**\*Please view the Class Specifications (Class Code HSHP11) and the State required Minimum Qualifications for this vacancy at:**

<http://statejobs.state.wy.us/lookup.aspx>

**APPLICATIONS:**

For more information or to apply online go to <http://statejobs.state.wy.us/JobSearchDetail.aspx?ID=21711> or submit a State of Wyoming Employment Application to the Human Resource Division, Emerson Building, 2001 Capitol Avenue, Cheyenne, WY 82002-0060, Phone: (307)777-7188, Fax: (307)777-6562, along with transcripts of any relevant course work. The State of Wyoming is an Equal Opportunity Employer and actively supports the ADA and reasonably accommodates qualified applicants with disabilities. No notice of eligibility will be sent to applicants who meet the minimum qualifications.

**RECRUITMENT ID:** 21711

*If you have any information you would like to share with the  
WAND membership please email Paula Eskam at [info@eatrightwyoming.org](mailto:info@eatrightwyoming.org)*