



WAND President's Report

"Building a Solid Foundation to Support the Future of WAND"

Hope "2015" has started well!

We have a couple busy months ahead...

It's Election Time...

The WAND Board of Directors and Annual Awards Electronic Ballot were sent to you all on Feb 2nd. The National Election has also started and so has Project Vote. Wyoming won the challenge in 2013 however we placed 2nd behind South Dakota in 2014. Let's win again...we receive a free registration for FNCE 2015 Nashville TN.

WAND Lunch & Learn Meetings are being scheduled...

Special Thanks to Janice Smith (Jackson – Feb 23rd), Marguerite Jackson (Casper – March 19th), Leisann Paglia (Cheyenne - March 27) and Liz Fabrizio (Cody) for being site coordinators.

WAND Annual Conference and Annual Business Meeting...

Will be April 24th & 25th in Laramie
Additional information will be coming soon!

The WAND Board Members have been busy working on several WAND projects. Their time and efforts are greatly appreciated. If you get a chance please thank a WAND Board member for all their work in supporting WAND.

If you are interested in being involved in WAND please let us know...we would love the opportunity to work with you.

Please feel free to contact me with any questions or concerns.

Wishing you all a Happy, Healthy "2015"

Paula Eskam, RDN, LD
peskam@outlook.com

In This Edition

- *WAND President's Report*
- *2014--2015 WAND Board Members*
- *Election Time*
 - *WAND Board of Directors*
 - *WAND Awards*
 - *National Election*
 - *Project Vote!*
- *WAND Annual Conference*
- *WAND Annual Business Meeting*
- *WAND Silent Auction - Fundraiser*
- *Lunch & Learn Meetings*
- *31st Annual Symposium - Sports, Cardiovascular & Wellness Nutrition (SCAN)*
- *Health Insurance Action Plan*
- *House of Delegate Report*
- *Student Dietetic Association - FNCE*
- *National Nutrition Month*
- *RDN Day – March 11th*

Vision Statement

Wyoming Academy of Nutrition and Dietetic members are recognized and utilized as the most valued resource for food and nutrition services.

Mission Statement

Empowering Wyoming's food and nutrition experts.

Wyoming Academy of Nutrition and Dietetics (WAND)

2014-15 WAND Board Members

Board of Directors

President
President-Elect
Past President
Secretary
Treasurer
Delegate
Nominating Committee:

Council on Professional Issues

WAND Committees

Public Relations

Membership
New Membership
State Professional Recruitment
Coordinator (SPRC)
Public Policy
State Policy
MNT Reimbursement
AND/WAND Fundraising
Awards and Honors
Website
Newsletter

Officers

Paula Eskam
Mindy Meuli
Barbara Buyske
Melissa Bardsley
Karla Case
Cheryl Gray
Denise Ivey (Chair)
Mary Tvedt
Carolyn Renner
Beth Kamber

Chairs

Judy Barbe
Leisann Paglia
Jamie Anderson
Marguerite Jackson

Kristin McTigue
Codi Thompson
Teresa Matheny Lehmitz
Georgia Boley
Sue Combe
Liz Fabrizio
Cheryl Gray
Paula Eskam

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mjackson@wyomingmedicalcenter.org

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csyoung@q.com
lehmitzmsrd@gmail.com
gboley@fiberpipe.net
pcombe@bresnan.net
lfabrizio@wphcody.org
cheryl22gray@gmail.com
paulae@ivinsonhospital.org

Looking for a WAND Member?

Check out the Updated WAND Membership List
on the WAND Website

www.eatrightwyoming.org

Member Section
Password: *eatwyo*

Please email
info@eatrightwyoming.org
with corrections.



Licensure Information

For Licensure Rules and Regulations
go to

<http://plboards.state.wy.us/dietetics/RulesRegs.asp>

The Dietetics Licensing Board

Members:

Leisann Paglia – Chair

Dietitian – Cheyenne, WY

Mindy Meuli

Dietitian – Laramie, WY

Anne Saunders

Public Member- Douglas, WY



IT'S ELECTION TIME... STATE & NATIONAL

2015 State Election

The Wyoming Academy of Nutrition and Dietetics (WAND)
Board of Directors and Annual Awards
Official Electronic Ballot was emailed to the WAND membership
on February 2nd.

The election will close at midnight on 3/1/2015.
If you receive multiple emails, please only vote one time.

Thank you from the Nominating Committee
Denise Ivey, Mary Tvedt, Carolyn Renner

Please contact Denise Ivey at trhett@juno.com if you did not receive a ballot.

2015 National Elections

Voting for the Academy of Nutrition and Dietetics national election is open from **February 1 through February 22, 2015**. Vote and be entered to win a free registration to FNCE® 2015 in Nashville, Tennessee.

Election results will be announced late February, and elected individuals will take office beginning June 1.





Project Vote is Back!

Win one complimentary registration to attend the Academy's Food & Nutrition Conference & Expo™ for your affiliate by getting your members involved in Project Vote!

Affiliates are challenged to increase member participation in the Academy of Nutrition and Dietetics National Election. Last year, the overall voting percentage for the Academy was 11%. How has your affiliate performed? Project Vote encourages affiliates to increase participation in the Academy of Nutrition and Dietetics national election.

One free registration to FNCE® 2015 in Nashville, Tennessee will be awarded to the affiliate with the highest percentage of its members voting in the national election by affiliate size ([large, medium-large, medium, or small](#)). Four affiliates will receive one free registration.

We Won In 2013 – Let's Do It Again!

Results for 2013 Category 1

Alaska – 26.75%
Delaware – 22.54%
District of Columbia – 21.01%
Hawaii – 18.42%
Idaho – 22.17%
Illinois – 18.10%
Maine – 18.10%
Montana – 21.10%
Nevada – 9.50%
New Hampshire – 12.60%
New Mexico – 18.12%
North Dakota – 14.69%
Puerto Rico – 7.10%
Rhode Island – 11.27%
South Dakota – 24.62%
Vermont – 18.31%
West Virginia – 16.60%
Wyoming – 44.34%

Results for 2014 Category 1

Alaska – 29.75%
Delaware – 19.40%
District of Columbia – 25.90%
Hawaii – 14.34%
Idaho – 22.17%
Illinois – 18.10%
Maine – 18.10%
Montana – 21.10%
Nevada – 10.69%
New Hampshire – 7.11%
New Mexico – 15.94%
North Dakota – 14.83%
Puerto Rico – 9.71%
Rhode Island – 10.29%
South Dakota – 46.77%
Vermont – 17.33%
West Virginia – 11.86%
Wyoming – 41.35% - 2nd Place

Results for 2015 Category 1

????

Goal=Wyoming >50%

WE CAN DO IT!

Have You Voted Yet!

The WAND Annual Meeting

April 24 & 25th, 2015

Hilton Garden Inn and University of Wyoming in Laramie

The Sodium Dilemma: Implications for Sports, Wellness, and Health Outcomes

Tentative Agenda:

Friday, April 24th

1:00 pm to 5:30 pm

The Biological Hunger for Salt and the Wars it has Caused – Bill Flynn

Sodium Intake and Blood Pressure: New Controversies, New Labels...New Guidelines? – Tanya Halliday

What low sodium guidelines forgot to consider: Blood, Sweat and Iodine – Enette Larson-Meyer

Thyroid Endocrinology – Brenda Alexander

Saturday, April 25th

8:00 am – 2:00 pm

RD's Role in University Athletics – Jackie Barcal

Metabolic Syndrome in Athletes – Joi Thomas

Boxed Lunch and Tours of UW Fieldhouse

More Information Coming Soon!

A block of rooms are reserved at the Hilton Garden Inn.

Join Us For The

WAND Annual Business Meeting

All WAND Members Are Invited

Friday, April 24th

6:00 pm to 7:30 pm

Hilton Garden Inn, Laramie WY

Hors d'oeuvres

2014-2015 WAND Annual Report

Congratulations to Award Recipients

Special Recognition of Outgoing WAND Board Members for Their Service

Welcome to New WAND Board Members

WAND Silent Auction

WYOMING ACADEMY OF NUTRITION AND DIETETICS - SILENT AUCTION 2015

Please consider donating items for our annual fundraising event which will be held April 24th and 25th at the WAND Annual Conference and Business Meeting in Laramie at the Hilton Garden Inn. This is a fun, worthwhile project which raises money for our UW Dietetic Scholarship, the Academy Foundation, and the numerous activities of our local Wyoming Academy.

Gift baskets with Wyoming products, spa items, gourmet food products or coffee and teas are always a hit and fun to put together. Artwork, jewelry, craft items, cooking gear, cookbooks and gift certificates are always popular. Perhaps you can seek a donation from a local business, artist or craftsman or the artist or collector in you would like to showcase your own item at this year's event.

All donations are welcome, big or small.

If you are unable to donate an item, you can contribute in other ways such as attending the Silent Auction and bidding on items.

We will provide more details as the time grows near.

I am looking forward to seeing everyone in Laramie in April.

Thanks for your help. Sue Combe, WAND Fundraising Chair.



WAND Invites You to Attend Free **LUNCH & LEARN** Meetings

WAND Meetings are coming to a Location near You!

Please Join Us for Free Lunch, Free CPEUs and Opportunity to Network
Non-WAND Members are welcome to attend for \$30/meeting



More Information Coming Soon!

Jackson, WY

Date: February 23rd Location: St. John's Hospital Time: 10:30 am – 1:30 pm
CPE Topic:
For More Information Contact: Janice Smith at jksmith96@me.com

Casper, WY

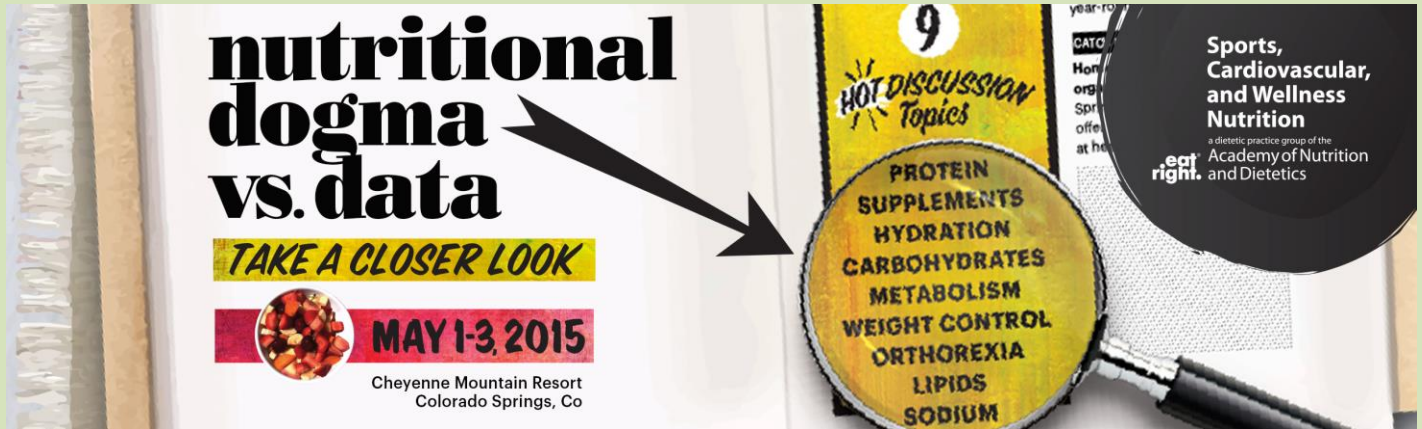
Date: March 19th Location: Wyoming Medical Center Time: 11:00 am – 1:30 pm
Support Services Building Board Room
CPE Topic: Back to the Future of the Nutrition Facts Label
For More Information Contact: Marguerite Jackson at mjackson@wyomingmedicalcenter.org

Cheyenne, WY

Date: March 27th Location: Cheyenne Regional Medical Center Time: 11:30 am – 1:30 pm
Auditorium A
CPE Topic:
For More Information Contact: Leisann Paglia at leisann.paglia@crmcwy.org

Cody, WY

Date: Location: Time:
CPE Topic:
For More Information Contact: Liz Fabrizio at lfabrizio@wphcody.org



Event Details

Are you guilty of being dogmatic in your practice of nutrition? It's not uncommon that as practitioners we cling to our ideologies, despite contrary accumulating scientific evidence. It doesn't help that nutrition research and dietary recommendations tend to be contradictory and often leave us in a state of confusion. Often we hear evidence that refutes a deeply held practice and while we will internally acknowledge its significance, somehow we dismiss it and revert back to the familiar.

**Join Sports, Cardiovascular & Wellness Nutrition (SCAN) at our 31st Annual Symposium
Nutritional Dogma Vs. Data: Take a Closer Look
May 1 – 3, 2015 at Cheyenne Mountain Resort in Colorado Springs, CO**

Earn up to 24 Continuing Professional Education (CPE) credits
with 24 educational sessions and 30+ speakers
that will explore, challenge and debate the recent paradigm shifts
in sports nutrition, cardiovascular health, wellness and eating disorders.

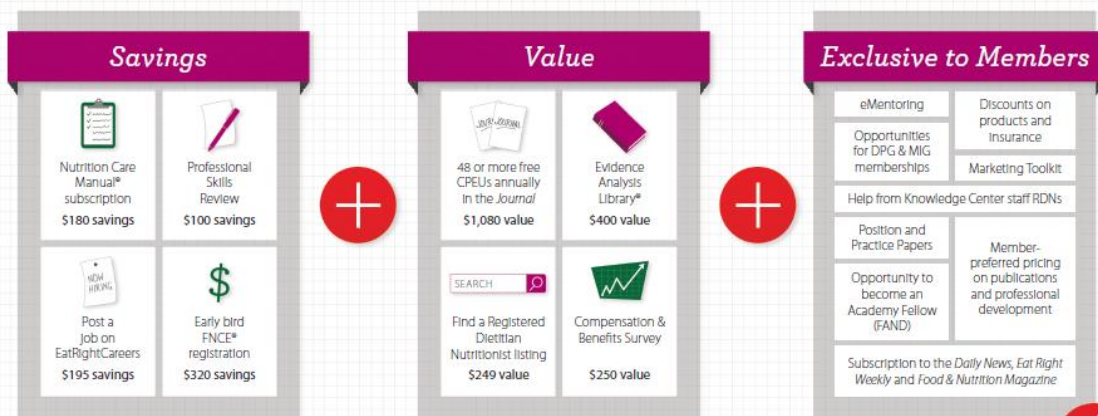
Attendees will hear new trending research on **dietary supplements, proteins, hydration, sodium intake, diabetes, carbohydrates, eating disorders, athletic performance** and more, all of which will allow them to blaze new trails even as we cling to our ideology.

If that isn't enough, register separately for one of SCAN's Pre-Symposiums:
The United States Olympic Committee (USOC) Workshop will provide attendees an extraordinary opportunity to learn from USOC Sports Dietitians at the USOC Training Facility while the **American Council on Exercise (ACE) Health Coaching Workshop** will prepare attendees to take ACE's nationally accredited Health Coach Exam, and in turn broaden your services offered while increasing marketability.
Are you ready to be challenged?

Learn more & Register at
<http://www.scandpg.org/professional-development/professionals/2015-symposium/>.

Connect with SCAN [@SCANdpg](#), [#SCANSymposium](#), or [facebook.com/scandpg](https://www.facebook.com/scandpg).

What is Academy Membership Worth?



eat right. Academy of Nutrition and Dietetics

Contact the Academy by email at membership@eatright.org or through the Member Service Center at 800/877-1600, ext. 5000 (International Callers +1-312/899-0040, ext. 5000).

Representatives are available Mon-Fri, 8am-5pm, Central Time.

Dues vs. Value



For more information on Academy membership savings, please visit www.eatright.org/about/membervalue.

THE WAND THAT WORKS

Linking To Your Local Registered Dietitian



Wyoming Academy of Nutrition and Dietetics (WAND)

REGISTERED DIETITIANS IMPROVE PATIENT CARE, HEALTH AND COST

Find a local RD at:
www.eatrightwyoming.org

SEE OUR VENDOR BOOTH!



Congratulations

Georgia Boley!

She was awarded a CDR Grassroots Marketing Grant to provide a Vendor Booth for WAND at attend the Wyoming Medical Society Annual Conference in June.

HEALTH INSURANCE ACTION PLAN FOR WYOMING RD'S

TAKE 30 MINUTES AND MAKE A HUGE DIFFERENCE!!!!

Complete this Challenge by Feb 19th 2015 to enter a drawing for a \$25.00 Gift Card!

Calling on All RD's to Save our Place at the Health Care Table!!!!

With the Affordable Care Act, the good news for RD's is nutrition services will be better covered by insurance providers. However, WHO will provide nutrition counseling services is up for grabs.

If you want to secure our place as the recognized nutrition expert who can file medical nutrition therapy claims. We invite every RD to start a grass roots movement by lobbying their own Insurance Company! If every RD in the nation did this, we would make great in-roads to help insurance companies understand and recognize our services.

YOUR ACTION PLAN STEPS:

1. **CALL** - Look at your own insurance card and call the member services number.
2. **ASK THESE QUESTIONS:**
 - A. Is this a Self-Funded Plan?
 - B. Is MNT Covered (CPT codes 97802, 97803, 97804) by a Registered Dietitian?
 - C. (If yes, for what diagnosis?)
 - D. Is Nutrition Counseling Covered (CPT codes 96150-96153) by a Registered Dietitian?
 - E. (If yes, for what diagnosis?)
 - F. Is Preventative Medicine Counseling Covered (CPT codes 99401-99404) by a Registered Dietitian?
 - G. (If yes, for what diagnosis?)
 - H. Does the Dietitian need to work in a facility under a physician?
 - I. Is a physician referral needed?
 - J. Is there both in-network and out-of-network benefits?
 - K. In Network: # of visits/year limited? Does Deductible or co-pay apply?
 - L. Out of Network: # of visits/year limited? Does Deductible or co-pay apply?
 - M. Is the plan grandfathered?
 - N. Reference number for your call:
3. **ADVOCATE BETTER COVERAGE:** If your insurance does not cover MNT, mail or fax a letter of appeal (ask Georgia at 307-752-8213 for sample letter).
4. **SUBMIT RESULTS** - Submit the information you found **ALONG WITH THE NAME OF YOUR INSURANCE PLAN** to Georgia at www.tailorednutritionllc.com to upload into a database for all Wyoming RD's. Once Georgia receives your e-mail, your name will be placed in a drawing for a \$25.00 gift card. We will draw the winner on February 19th at the next WAND Public Policy Meeting

LET'S TAKE ACTION and FILL OUR RIGHTFUL PLACE as the nutrition expert!!!!

Thank you

Submitted by Georgia Boley

The House of Delegates (HOD)

The House of Delegates (HOD) conducted a mega issue dialogue on business and management skills and a current practice issue discussion regarding the preceptor shortage and limited supervised practice positions on October 17-18, 2014. Over 210 delegates and interested Academy members convened in Atlanta, Georgia to discuss these topics. All materials pertaining to the Fall 2014 HOD Meeting can be found on the Academy Website at www.eatright.org/hod >Fall 2014 HOD Meeting> Meeting Materials. What Outcomes Resulted from the Fall HOD Meeting?

Two motions were developed and approved by the HOD following the two dialogues.

HOD Motion #1- Business and Management Skills: The HOD requests that the House of Delegates Leadership Team establish a task force with representation from DPGs and internal and external stakeholders. The task force will review all of the HOD input from the dialogue session to determine a plan to assist members and students with building, enhancing and utilizing skills and knowledge related to business and management.

HOD Motion #2- Preceptors and Supervised Practice Experience Positions: The HOD requests that the Speaker communicate all of the input generated by the HOD to ACEND, CDR and NDEP for their consideration in addressing these two critical issues facing the profession.

Submitted by Cheryl Gray, WAND Delegate

The Academy of Nutrition and Dietetics is currently proposing two Bylaws Amendments to its membership categories.

1. The first proposed amendment broadens the qualifications for the retired member from “no longer employed” to “no longer gainfully employed”.
2. The second proposed amendment allows international students to become members under the international membership category.

Review the proposed changes at www.eatright.org/hod and provide your comments via the survey (<https://www.surveymonkey.com/s/X2WYX9F>) in support of or opposition to the bylaws changes. Please complete this survey by March 2, 2015.

At the Fall 2014 HOD Meeting, the HOD demonstrated that they stand behind our profession by donating to the Academy’s Political Action Committee. 100% of delegates donated to ANDPAC.

Please consider donating to the Academy’s Foundation, the world’s largest charitable organization devoted exclusively to nutrition and dietetics. The Foundation supports the profession through scholarships and awards, food and nutrition research, and public education (Kids Eat Right, GENIE, Future of Food Initiative).

Consider donating to the Academy’s Foundation and supporting our profession.

Submitted by Cheryl Gray, WAND Delegate



Dear WAND Members—

I want to begin with a sincere thank you from the entire chapter of the Student Dietetic Association (SDA) at the University of Wyoming for supporting our trip to the Food and Nutrition Conference and Expo (FNCE). We were able to share our experience with members who were not able to attend the conference so everyone benefitted from your contribution.

Seven SDA members attended FNCE in Atlanta, Georgia last October. This experience was a first for all of us and everyone gained a great deal!

One of the highlights of the trip was winning the “School Spirit Award” for having the highest percentage of program participants attend the conference. We had the opportunity to meet the president of the Academy of Nutrition and Dietetics, Sonja Connor.

Additionally, we took advantage of many resources that were designed for students applying for dietetic internships including lectures, booths and an internship fair. All of these resources were valuable, as many of us have been preparing for applying to internships this spring.

The Expo portion of FNCE was impressive!

As SDA member Alyssa Renneisen explained:

“...The expo hall was overwhelming and stimulating. It was a great experience because it visibly showed the diverse, availability of employment in nutrition and food career field. It also provided us with the opportunity to expand our food and product knowledge while getting to network with many companies.”

As pre-professionals, attending a conference of this magnitude was very beneficial. From the lectures, and networking opportunities, to product development and marketing, we all came away with a renewed passion for the field we are entering.

As SDA Secretary, Courtney Nordhus says:

“The greatest benefit for me was seeing the plethora of opportunities and pathways available to me once I become an RD.”

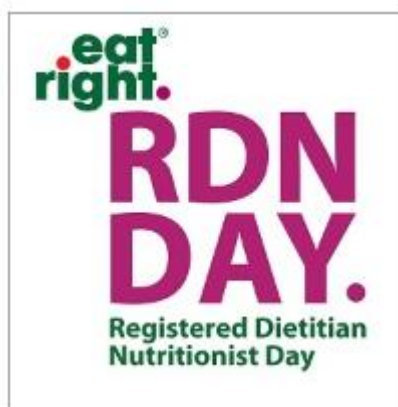
The support we received from WAND made this trip possible. Thank you from all of us!

Erin Kyle, MS

For Additional Information: <http://www.eatright.org/NNM>



Registered Dietitian Nutritionist Day is Wednesday, March 11, 2015



The Academy of Nutrition and Dietetics will celebrate Registered Dietitian Nutritionist Day on Wednesday, March 11, 2015. As the nation's food and nutrition experts, registered dietitian nutritionists are committed to improving the health of their patients and community. Registered Dietitian Nutritionist Day commemorates the dedication of RDNs as advocates for advancing the nutritional status of Americans and people around the world.

Be Visible



Are You Positioned for Success?



In today's ever-changing health care arena, it is vital to stay up-to-date on coverage and payment trends. The Academy of Nutrition and Dietetics provides you with a number of resources from webinars to toolkits to help you stay on the cutting edge. Access these resources to positively affect your compensation and increase your visibility on the health care team.

**Access all the Academy's resources
at [www.eatrightpro.org/
resources/practice/getting-paid](http://www.eatrightpro.org/resources/practice/getting-paid)**

eat right. Academy of Nutrition
and Dietetics

Check It Out! Have you visited the NEW eatrightPRO.org Website?

eat right[®] PRO.org

**Expert information and resources
for your professional practice.**

- CPE opportunities
- Accreditation info
- Career resources
- MyAcademy profile
- DPGs and MIGs
- Public policy info



WAND Weekly Email

Keeping you connected and informed!
In an effort to reduce the number of emails you are receiving we are providing the WAND Weekly Email.

Please email Melissa Bardsley, WAND Secretary
at melbardsley@hotmail.com
with information you would like to share with our WAND members

Welcome
Cheryl Gray
New
Range Rider Editor
Starting June 2015
Thank You!

WAND Range Rider

The WAND Range Rider is published
3 times a year.

Our next edition will be in June 2015.

If you have any information you would like to share with
the WAND Members in the WAND Range Rider

Please email Range Rider Editor

Cheryl Gray at cheryl22gray@gmail.com

To read past editions of the
WAND Range Rider visit the:

WAND Website

www.eatrightwyoming.org

Go to the Member Section.

The password is **eatwyo**
and press the login button.

If you have information you would like to share with the
WAND Members

on the WAND Website

Please email the Website Coordinator:

Cheryl Gray at cheryl22gray@gmail.com