

Wyoming Dietetic Association

 an affiliate of the
American Dietetic Association



WDA Annual Conference

April 22-23, 2010

Registration \$100 (\$120 non-member, \$50 student)
\$50 Thursday only (\$60 non-member), \$60 Friday only (\$70 non-member)
Late registration (after April 9) - additional \$15

Casper, Wyoming

Natrona County Cooperative Extension
Agriculture Resource & Learning Center
2011 Fairgrounds Road

Special points of interest:

- 2010 WDA Annual Conference
- Conference Events: NCP an Interactive Workshop & Shared Session "Growing Communities Through Gardens"

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To Register:

Go to the WDA website at:
<http://www.wyomingdieteticassociation.com/>

For more information:

Contact Heidi Gillette at:
Heidi.Gillette@ccmh.net or (307) 688-1726

Conference Agenda



Thursday, April 22, 2010

Happy EARTH DAY



- | | |
|-------------|---|
| 10:15-10:45 | Registration |
| 10:45-12:00 | Presentation: WIN Wyoming Community Garden |
| 12:00-1:00 | Lunch: <i>Sponsored by Wyoming Beef Council</i> |
| 1:00-2:00 | New WIC Food Packages-WIC Moves Further to Promote Breastfeeding, Whole Grains, Fruits & Vegetables
<i>Sue Combe, RD</i>
<i>Barbara Buyske, MS, RD</i> |
| 2:00-3:00 | Introduction to the Epidemiology of Foodborne and Waterborne Diseases
<i>Kelly Weidenbach-Vigil, MPH; Surveillance Epidemiologist, Wyoming Department of Health</i> |
| 3:00 - 3:15 | Break
Get a sneak peak of the "Smart Slice" by Dominos
<i>Sponsored by the Western Dairy Association</i> |
| 3:15 -4:15 | Refreshing & Updating Our Skills In Nutrition Support
<i>Leisann Paglia, RD, CNSD; Clinical Nutrition Manager, Cheyenne Regional Medical Center</i> |
| 4:15-5:30 | Licensure of dietitians in Wyoming
<i>Constance Geiger, PhD, RD</i> |
| 6:00-8:00 | Dinner/Silent Auction/WDA Meeting
Licensure Continued - <i>Dennis Ellis, Lobbyist</i> |

Friday, April 23, 2010

- | | |
|------------|---|
| 7:30-8:00 | Registration |
| 8:00- 2:00 | Nutrition Care Process Workshop
<i>Annalynn Skipper, PhD, RD, FADA;</i>
<i>Author and Consultant</i> |

Message from the President



Spring is my favorite time of year...it is energizing.

I am sincerely appreciative to all the dedicated and talented dietitians I have had the privilege of working with this past year. I am proud of what we have accomplished and the momentum we have generated.

Connecting through Communication has been a great theme for us this year.

We connected with numerous WDA members through emails, telephones surveys, WDA sponsored ADA teleseminars resulting in several of our goals being achieved.

55% of the WDA members were surveyed via the telephone surveys which provided the Board with valuable member information and expectations

The Electronic Voting Process was implemented and was very well received with 60 electronic ballots and 4 paper ballots submitted which was a 57% voter turn-out. *Great Job to the Nominating Committee (Leisann Paglia, Star Morrison, Katie Stratton-Schulz) for moving us into the era of electronic ballots*

A committee to investigate licensure in Wyoming and provide education about licensure to the members of WDA was developed. *Thank you to Katie Stratton-Schulz and her committee members Mindy Meuli, Ann Hunter, Barbara Buyske*

The professional development of our membership was supported by WDA sponsoring 6 ADA teleseminars at several different sites in Wyoming.

WDA received special recognition from ADA for achieving >20% voter turn-out in the ADA annual election, we had 26.8% voter turn-out in Wyoming. Please see the article in this Range Rider for more information.

And the momentum continues...

- Heidi Gillette has been busy working with her committee members on planning the Annual WDA Conference "Nutrition from the Ground Up", which will be held in Casper, April 22-23 with one combined session with WIN Wyoming.
- o Her committee members include Beth Kamber, Laura Hudspeth, Betty Holmes, Mindy Meuli, Karla Case, Chris Douglas, Katie Stratton-Schulz, Paula Needles
- o At the Annual WDA Conference several WDA members will be sharing their specialty skills with us.
- Karla Case, RD: WIN Wyoming Community Garden
- Sue Combe, RD and Barbara Buyske, MS, RD:

New WIC Food Packages – WIC Moves Further to Promote Breastfeeding, Whole Grains, Fruits & Vegetables

- Leisann Paglia, RD, CNSD: Refreshing and Updating Our Skills in Nutrition Support

- Constance Geiger, PhD, RD, CD, President, Geiger & Associates, LLC:

Licensure in Wyoming – Where You Fit in the Picture

- Katie Stratton-Schulz continues to be busy building relationships with Wyoming public policy makers. She has organized two educational sessions during the WDA Annual Conference to provide information on licensure, one with Constance Geiger (see above) and the other with Dennis Ellis, Wyoming Lobbyist.

A Nutrition Care Process Interactive Workshop will be offered at the WDA Annual Conference April 23rd per the request of numerous WDA members from the past telephone survey and past annual meeting evaluations. Please see additional information in this issue of the Range Rider

Congratulations to the newly elected members of the Board of Directors for the 2010/2011 year:

President Elect – Karla Case, RD

Treasurer – Mindy Meuli, MS, RD, CDE

Nominating Committee

Debbie Collins, MS, RD – Chair

Barbara Buyske, MS, RD

Thanks to all of the members who agreed to run for office and are willing to serve.

Our next board meeting will be via Conference Call on April 19th at 4 pm.

I look forward to seeing you in Casper at the Annual Conference April 22-23. Please plan to attend the WDA Business Meeting, Dinner and Awards Ceremony, April 22nd at 6:00 pm. We will be recognizing several WDA members for their contribution to the dietetic profession.

Thank you again for the opportunity to serve as the 2009-2010 WDA President. **I have learned a lot this year and I'm energized to continue serving on the Board of Directors in my new role as past president.**

I look forward to many more active years in WDA.

Paula Needles, RD



The Nutrition Care Process: An Interactive Workshop

Day 2 of the WDA Annual Conference April 23rd 8 am to 2 pm

Description: This 5-6 hour interactive workshop has been developed by a former chair and consultant to ADA's Nutrition Care Process/Standardized Language Committee. It is adjusted to the needs of the audience and can focus on setting specific issues in any phase of direct patient care.

Objectives of this workshop are to:

- ✦ Provide a review of the Nutrition Care Process and Model
- ✦ Provide opportunities to apply the International Dietetics and Nutrition Terminology (IDNT) to site specific case studies
- ✦ Trouble shoot real life situations where the IDNT is adapted to practice

Build clinician confidence in using the IDNT

Tentative Schedule:

8:00 AM	Welcome and Introductions
8:15-9:30	Nutrition Care Process Review and Update
9:30 – 9:45	Break
10:00-12:00	Nutrition Care Process Cases
12:00 – 12:30	Lunch
12:30 – 1:15	Initial and Follow-up Documentation
1:15 – 2:00	Implementation, Discussion and Wrap –up

References (suggested reading prior to the workshop):

1. Writing Group of the Nutrition Care Process/Standardized Language Committee. Nutrition Care Process Part II: Standardized Language for Documenting the Nutrition Care Process. *J Am Diet Assoc* 108:1287-1293, 2008.
2. Writing Group of the Nutrition Care Process/Standardized Language Committee. Nutrition Care Process Part I: The 2008 Update. *J Am Diet Assoc* 108:1113-1117, 2008.

The Nutrition Care Process: An Interactive Workshop

Annalynn Skipper Ph.D., R.D., FADA

a consultancy devoted to advancing nutrition practice

P.O. Box 45

Oak Park, IL 60303

Annalynn_Skipper@Comcast.net

This workshop has been developed by a former chair and consultant to ADA's Nutrition Care Process/Standardized Language Committee. Please bring with you questions and samples you use in your practice.

Objectives of this workshop are to:

- ✦ Provide a review of the Nutrition Care Process and Model
- ✦ Provide opportunities to apply the International Dietetics and Nutrition Terminology (IDNT) to site specific case studies
- ✦ Trouble shoot real life situations where the IDNT is adapted to practice

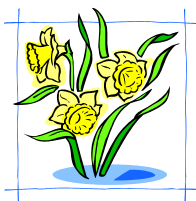
Build clinician confidence in using the IDNT

Possible Learning Needs Codes: 1000, 3000, 5000, 5010, 5020, 5040, 5060, 5070, 5100, 5170, 5440

Shared Session at WDA Annual Conference in Casper in April!

By Suzy Pelican, Food & Nutrition Specialist/WIN Wyoming Coordinator, University of Wyoming Cooperative Extension Service

At the WDA conference on April 22, be sure to attend the first presentation, titled "Growing Communities through Gardens" and featuring Karla Case, RD, and her Extension education co-worker Tom Heald. This is a joint session with WIN Wyoming's all-member get-together. Arrive so you can register before 10:45 a.m. and be welcomed with other WDA attendees before Karla and Tom start. Looking forward to seeing you there!



March 10, 2010 Proclaimed

“Registered Dietitian Day”

Press Release

March 10, 2010 Proclaimed “Registered Dietitian Day” In Wyoming
by Governor Freudenthal

March 10, 2010 has been Proclaimed by Governor Freudenthal as Registered Dietitian Day in Wyoming. In the proclamation, he encouraged all citizens to recognize the contributions of Registered Dietitians and expressed appreciation for their commitment to promoting science-based nutrition in the hope of achieving optimum health for both today and tomorrow.

Registered Dietitians are the food and nutrition experts who can translate the science of nutrition into practical solutions for healthy living. They have degrees in nutrition, dietetics, public health or a related field and have completed an internship and passed a registration examination. RD’s work around the State in various capacities to promote good nutrition and healthy lifestyles.

March is National Nutrition Month and March 10th is the day set aside to recognize the individuals who work as Registered Dietitians.



Pictured from left to right: Lucy Stacy, MS, RD; Erin Nichols, RD; Greg Peters, DTR; Leisann Paglia, RD, CNSD; Tina Hayes-Siltzer, MS, RD; Karla Jewell– Redman, MS, RD



"I'm Deirdra Patterson, a Registered Dietitian. I love sharing useful information about food and nutrition to help others be more successful in leading a healthy, longer life..."

The Daily Weigh

I recently started a website and thought I would share with WDA. The Daily Weigh gives me a chance to share my dietetics knowledge while being a stay at home mom.

The Daily Weigh

After searching for some good websites to give friends and family as reliable nutrition references, I was sorely disappointed at the lack of sound information for the lay individual. I decided to take matters in to my own hands and start a website of my own. That is how TheDailyWeigh.com was born. I do daily posts and think it's exciting to see my traffic increasing as more individuals find my blog and take advantage of the nutrition information I share. So check it out, tell those you know, and maybe a few more people can improve their health because of it.

Thanks,
Deirdra Patterson, RD, Green River, WY

2010 CNP Commodity Chef Wyoming

By: Mary Kay Wardlaw, PhD, Director

CentSible Nutrition Program

The University of Wyoming CentSible Nutrition Program hosted cooking competitions in February and March at eight locations around Wyoming. The events promoted CNP as an extension educational program to help families eat better for less and highlighted how USDA commodity foods can be used in great tasting recipes. Each community organized the event in a different way, but in the end, participants tasted some interesting foods and voted on their favorites.

At Triumph High School in Cheyenne, chefs from Laramie County Community College, the Governor's Mansion, and Peak Wellness Transitional Treatment Center teamed with high school culinary students. The dishes included Apricot Pork Meatballs, Vanishing Oatmeal Cookies, Vanilla Almond Blueberry Smoothies, and Spicy African Yam Soup. Participants, including Governor Freudenthal and the First Lady Nancy viewed a resource fair with several local agencies and learned about the variety of educational offerings through the Laramie County UW Extension Service. The Wyoming Business Council filmed the event.

Other participants in the event included:

- "Family Commodity Chef" in Buffalo with five families competing at the Boys and Girls Club.
- Niobrara County High School was the site for the Lusk event that featured teams of high school juniors and seniors from the culinary arts class.
- In Casper, the teams were Community Action Partnership, Natrona County Detention Center, Salvation Army, and the ProStart Culinary Arts Program (2 teams of high school students and instructors).
- At Evanston High School, the hospitality foods class students teamed into six groups to prepare dishes. Some of the favorites were Blueberry Cheesecake, Tomato Spinach spread, Hillbilly casserole, and Italian melt-in-your-mouth meatballs. The students practiced ahead of time and there was local media coverage of the event. The emcee for the event was Nutrition and Food Safety Educator Jossy Ibarra.



Special Recognition

ADA Project Vote:

WDA received special recognition from ADA for achieving >20% voter turn-out: Wyoming (26.8%)

Delaware won the free ADA membership this year for small state affiliates with 30.3% voter turn-out.

WDA voter turn-out for the ADA election over the past 4 years

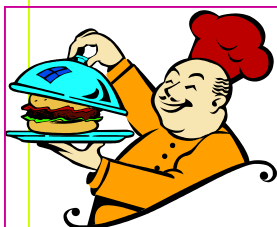
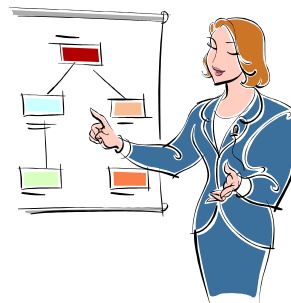
2007 – 11.1% Voted

2008 – 17.3% Voted

2009 – 15.09% Voted

2010 – 26.8% Voted – Great Job!

Let's win a free ADA membership next year!



WDA Conference Food
Sponsored By:

The Wyoming Beef Council
&
The Western Dairy Association



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RD

Treasurer – Mindy Meuli,
MS, RD, CDE

Nominating Committee:

Debbie Collins, MS, RD –
Chair

Barbara Buyske, MS, RD

WDA Silent Auction

From: Sue Combe, ADA/WDA Fundraising Chair

Please plan on attending and participating in the ANNUAL WDA SILENT AUCTION to be held Thursday night, April 22nd from 6-8 pm during our Awards Dinner and Annual Meeting.

DONATIONS are welcome and so appreciated for this fun, successful, and worthwhile fundraiser. No item is too small. We will have the on-site raffle again this year where smaller items that do not lend themselves as an individual silent auction item will be available. Folks will be able to purchase tickets - arm's length for \$10 (at least 10 tickets) and they can place the ticket in the provided sack for any of the raffle items they are interested in.

Please send your donated items with a WDA member from your area who will be attending or drop off any items at the Natrona County WIC Office in Casper if you are in the area before the meeting and will not be able to attend.

Those attending, please bring your items with you as you pick up your registration materials at the beginning of our sessions on April 22nd.

For any questions - contact Sue Combe at 237-5964 - home or 265-6408 at work. Her cell is 277-3786.

THANKS SO MUCH FOR YOUR DONATIONS AND PARTICIPATION IN THIS FUNDRAISING EVENT FOR WDA.



Thank you to everyone who submitted information for this issue of the
Range Rider.



WDA wants to hear from you! For future publications please send information on what you've been up to, upcoming events, innovative programs you've implemented, interesting food and nutrition information, new RD's in your area, etc., to:

lori.ruess@health.wyo.gov and/or laura.hudspeth@health.wyo.gov