

# WDA Range Rider

## Message from the WDA President

As you all know, the American Dietetic Association changed its name in January to the Academy of Nutrition and Dietetics (AND). Each state has the option to change its association name, and in our case it would change to Wyoming Academy of Nutrition and Dietetics (WAND). The board would like to know how WDA members feel about the possibility of a name change. Please email your comments to me at [kease@natronacounty-wy.gov](mailto:kease@natronacounty-wy.gov). Once we have opinions from our membership, we will make the decision about whether or not to change our name.

Our theme during last year's annual conference was "Making Connections for Healthier Communities". I hope you all have had the opportunity to reach out and make connections with others in your community, especially other RDs. As dietitians, we have the potential to make so many positive changes, especially if we team up and work together. This is especially important when you consider how spread out we are throughout the state. We may be the smallest association in the country, but we have the ability to make Wyoming shine! I challenge all WDA members to pledge for 2012 to be more involved in the association, to help us move forward with our goal of improving the health of Wyoming citizens. The board is always looking for suggestions on how to improve communication and involvement in our association, so if you have any ideas, please send them to the email address above.

Please join us at this year's annual meeting, which will be held in Cheyenne on May 1<sup>st</sup> and 2<sup>nd</sup>, at the Wyoming Dept. of Health's Chronic Disease Conference. It will be great to connect again with RDs throughout the state and to start making plans for positive changes!

*Karla Case, RD*



## In This Edition

- *Message from the President*
- *Board of Directors*
- *Past Minutes*
- *Election News*
- *Spinal Muscular Atrophy*
- *Wyoming Licensure Update*
- *Public School Lunch Program Changes*
- *Wyoming Student Dietetics Association*
- *Up and Coming Wyoming Dietitians*
- *WDA Annual Meeting*
- *Public Health and Community Nutrition*



## Board of Directors

- *President:*
  - **Karla Case** - [kcase@natronacounty-wy.gov](mailto:kcase@natronacounty-wy.gov)
- *Past President:*
  - **Heidi Gillette** - [heidi.gillette@ccmh.net](mailto:heidi.gillette@ccmh.net)
- *Treasurer and Licensure Board:*
  - **Mindy Meuli** - [mmeuli1@uwyo.edu](mailto:mmeuli1@uwyo.edu)
- *Secretary:*
  - **Joan Franklin** - [joan.franklin@wyo.gov](mailto:joan.franklin@wyo.gov)
- *Delegate:*
  - **Jean McLean** - [jeamclean@gmail.com](mailto:jeamclean@gmail.com)
- *Counsel on Professional Issues:*
  - **Chris Douglas** - [chris.douglas@wyo.gov](mailto:chris.douglas@wyo.gov)
- *Nominating Committee Chair:*
  - **Debbie Collins** - [debbie.collins@bannerhealth.com](mailto:debbie.collins@bannerhealth.com)
- *Nominating Committee:*
  - **Barb Buyske** - [barbara.buyske@wyo.gov](mailto:barbara.buyske@wyo.gov)
- *Nominating Committee:*
  - **Cheryl Gray** - [cherylgray\\_22@msn.com](mailto:cherylgray_22@msn.com)
- *Public/State Policy Representative:*
  - **Katie Stratton-Schulz** - [stratton\\_katie@hotmail.com](mailto:stratton_katie@hotmail.com)
- *Membership Chair:*
  - **Jamie Wilder** - [jwilderuw2010@gmail.com](mailto:jwilderuw2010@gmail.com)
- *Media Representative and Licensure Board:*
  - **Leisann Paglia** - [leisann.paglia@crmcwy.org](mailto:leisann.paglia@crmcwy.org)
- *Media Representative:*
  - **Judy Barbe** - [jbarbe@westerndairyassociation.org](mailto:jbarbe@westerndairyassociation.org)
- *ADA/WDA Fundraising Chair:*
  - **Sue Combe** - [susan.combe@wyo.gov](mailto:susan.combe@wyo.gov)
- *Awards Committee Chair:*
  - **Sharon Crispin** - [rcsc@fiberpipe.net](mailto:rcsc@fiberpipe.net)
- *WDA Range Rider Editor and Website Coordinator:*
  - **Paula Eskam** - [paulae@bresnan.net](mailto:paulae@bresnan.net)





## Past Minutes

January 20, 2012

### Board Member Reports

- **President's Report**– *Karla Case*
  - The *Principles of Affiliation* have been approved.
  - Star Morrison stepped down as the chair of the Membership Committee, effective immediately. Jamie Wilder has replaced Star in this position.
- **President Elect** – This position is vacant.
- **Past President's Report** – *Heidi Gillette*
  - No report.
- **Secretary's Report** – *Joan Franklin*
  - All emails requesting forwarding to the membership were forwarded including two open R.D. positions.
- **Treasurer's Report** – *Mindy Meuli*
  - Savings Balance \$9248.74
  - Checking Balance \$4316.90
  - Total Assets including CD's \$58,938.48
- **Delegate's Report** – *Jean McLean*
  - No report.
- **Public Policy Report /Licensure Committee** – *Katie Stratton-Schulz*
  - The 2012 Wyoming Legislative Budget Session convenes on February 13th at 10:00. The budget session is only 20 working days in length compared to a general session which is 40 days in length. After quickly reviewing the 2012 Bill Information it shows that there are 25 House Bills that have been introduced and 34 Senate Files, the majority of them dealing with budget issues. I will be available during the entire budget session to track bills that are being introduced and will share with the members any issues that may arise pertaining to dietetics, nutrition, food safety issues etc. During the past year since our licensure bill was passed I have been approached by many legislators inquiring how the process is going for us and offering any additional help, if needed. I plan on sending correspondence to the key members who helped with our success to continue let them know of our appreciation and mature our relationships with them.
- **Council on Professional Issues Report** – *Chris Douglas*
  - On May 7-9, 2012, the Centers for Disease Control and Prevention Division of Nutrition, Physical Activity and Obesity, will host *Weight of the Nation*™, at the Omni Shoreham Hotel, Washington, D.C. Planning for the 2012 conference is being done by CDC with members of the planning committee.
  - The Centers for Disease Control and Prevention (CDC), Institute of Medicine (IOM) and National Institutes of Health (NIH) have joined HBO, Kaiser Permanente and the Michael & Susan Dell Foundation in launching a new national campaign to curb obesity rates. The campaign evidently features policy action kits and several media pieces, including a four-part documentary on *Weight of the Nation*, to be aired May 14 and 15, 2012, on HBO.



## Past Minutes Continued

January 20, 2012

- **Awards Chair Report – Sharon Crispin**
  - The WDA Awards Ballot has been prepared and submitted to the Nominating Committee to be included with the Officers' Ballot. Thanks to all who submitted nominations for awards.
- **ADA/WDA Fundraising Chair Report – Sue Combe**
  - Ready to do some fundraising at the annual meeting. Discussed the potential to attract other conference attendees as well as WDA members.
- **Nominating Committee Chair Report – Debbie Collins**
  - There are four positions that will be open next term: President-elect, Treasurer, Nominating Committee, and Delegate. In the last several months, the Nominating Committee used e-mails and phone calls to solicit nominations for the vacant elected officer positions. on the following 2012 ballot is a result of those actions:

### WDA Officer Ballot

- President Elect- Barbara Buyske
- Treasurer- Kate Stratton-Schulz
- Delegate- Cheryl Gray and Joan Franklin
- Nominating Committee- Marguerite Jackson

### WDA Award Ballot

- Outstanding Dietitian of the Year- Paula Eskam, Cheryl Gray, and Kate Stratton-Schulz
- Recognized Young Dietitian of the Year- Jamie Wilder
- Recognized Dietetic Technician- Sarah Downs
- Outstanding Dietetic Student- Sophie Pettipiece

This year we should only be electing one member for the Nominating Committee. Debbie will send the 2012 officer and award ballot to the membership via *survey monkey* on *February 1<sup>st</sup>*. *All ballots must be completed and submitted by close of business, February 29<sup>th</sup>*. Debbie thanked Barb and Cheryl for their assistance on the Nominating Committee Katie for helping with the survey monkey process, and Joan for communicating to WDA through e-mail.

- **Media Report – Judy Barbe and Leisann Paglia**
  - A column is contributed to the Casper Star Tribune twice a month. Thank you, Judy.
- **Range Rider – Paula Eskam**
  - Please submit information for the Range Rider to Paula by February 3, including any congratulations, certifications, etc.
  - The login for WDA is “eatwyo”
- **Membership Report - Jamie Wilder**
  - Jamie is the new chair
  - Lena Harris Nelson is the Laramie County school dietitian...possibly a new member.



## Past Minutes Continued

January 20, 2012

- **Licensure Report –**

- No Report

- **Old Business**

- Debbie noted that the Nominating Committee has caught up with the correct rotation schedule. This year one person will be rotating off and the position filled through the officer elections.
- Several members were concerned that there maybe board members holding more than one office this year. After a review of the WDA By Laws the Board found this was not an issue.
- The Board appointed Ann Hunter to the Council on Professional Issues vacancy left by Chris Douglas this year.
- Heidi introduced the possibility of changing WDA's name to Wyoming Academy of Nutrition and Dietetics to align with ADA's name change. The name change may include changing the WDA name on the web site and marketing materials. It was noted that ADA retained the American Dietetic Association (old name) as a web link, simultaneously while launching the new name and web site link.
- The Annual WDA Board meeting will take place on Monday, April 30<sup>th</sup> at 5:30pm at Poor Richard's in Cheyenne. Each member will pay for their own meal.
- The WDA Annual Conference will be held during the Annual Chronic Disease Conference at Little America in Cheyenne. The conference dates are: Tuesday, May 1<sup>st</sup> from approximately 7am to 7pm. and Wednesday, May 2<sup>nd</sup> from 8am to 12 noon. Following the conference, the WDA Annual Business Meeting will be held at the Little America Wind River Room, from Noon to 1pm. Following the WDA Business Meeting, the Board will participate in a strategic planning meeting which will take place from 1:15pm to 5pm at the Century Link Building (Qwest) at 6101 Yellowstone Road.
- Katie will check with Star to secure a place to hold the fundraiser Silent Auction during the conference.

- **New Business**

- March 14<sup>th</sup> is National Dietitian's Day

Meeting adjourned at 3:28pm

Respectfully submitted

Joan Franklin, Secretary



## Elections Open!

Wyoming Dietetic Association and  
Academy of Nutrition and Dietetics

The time has come again to cast your votes for National and State officer positions.

### **To Vote:**

- Go to [www.eatright.org/elections](http://www.eatright.org/elections) for the National Election
  - By voting you also enter yourself to win a free year's membership to Academy of Nutrition and Dietetics.
- The WDA election ballot was sent to you February 1<sup>st</sup>. This year's ballot is on Survey Monkey.



## Spinal Muscular Atrophy

**Submitted by Chris Douglas and Michelle Trumpy**

Spinal muscular atrophy was the topic of the PNPG Building Block for Life Volume 34, Number 1 Winter 2012 newsletter. When SMA type I has affected a child, his/her energy needs tend to decrease while protein, fat, vitamins, and mineral needs are similar to children without this condition recognizing that maintaining hydration is important. A complete nutrition assessment, monitoring growth and signs of dysphagia are all important parts of care. In many cases, enteral nutrition is needed. When other illnesses affect the child, a healthy nutritional status is required to prevent permanent motor function loss. The amino acid diet, although not scientifically supported, is provided by some caregivers.

*Building Block for Life* is a quarterly, peer-reviewed, publication available to PNPG members only. Currently, PNPG is not offering individual non-member subscriptions to this newsletter; and previous issues are not available for purchase.

We encourage you to join PNPG--we offer many member benefits and our DPG membership fee is only \$25 (in addition to annual ADA dues). For more information about PNPG member benefits, visit:

<http://www.pnpg.org/members>







## Wyoming Licensure Update

Our next licensure committee meeting is Feb. 13th and we anticipate having the rules and regulations completed soon. Our goal is to have the dietetic licensure rules and regulations in place for a July 1, 2012 implementation date.

More information will be available once the rules and regulations go through the required approval process.

Dietetic Licensure Committee Members:

Leisann Paglia

Mindy Meuli

Ann Saunders



## Up and Coming Wyoming Dietitians!

- Brittany Bennett, RD – Wyoming Medical Center in Casper, WY
- Becky Chizmadia, RD – Lifecare in Cheyenne, WY
- Megan McGuffey, RD – Dr. Klepinger's Laramie Pediatrics in Laramie, WY
- Jamie Wilder, RD – Wyoming Behavioral Institute and Wyoming Kidney Center in Casper, WY

## Public School Lunch Program Changes

The USDA has unveiled new public school lunch standards. These are the first changes made to the school lunch program in more than 15 years.

- To read more on the changes:
  - [http://www.usda.gov/wps/portal/usda/usdahome?contentid=2012/01/0023.xml&navid=NEWS\\_RELEASE&navtype=RT&parentnav=LATEST\\_RELEASE&deployment\\_action=retrievecontent](http://www.usda.gov/wps/portal/usda/usdahome?contentid=2012/01/0023.xml&navid=NEWS_RELEASE&navtype=RT&parentnav=LATEST_RELEASE&deployment_action=retrievecontent)
- To see the new standards and implementation timelines:
  - <http://www.fns.usda.gov/cnd/Governance/Legislation/nutritionstandards.htm>

## Wyoming Student Dietetics Association

**President:** Sophie Pettipiece

**Vice President:** Keri Shaw

**Secretary:** Sarah Oliver

**Treasurer:** Lisa Baldock

The University of Wyoming Student Dietetic Association is a recognized student organization at UW. The professional benefits include: Leadership opportunities, volunteer experience in nutrition related presentations and projects, networking with Registered Dietitians in Wyoming, and opportunities to attend dietetic conferences.

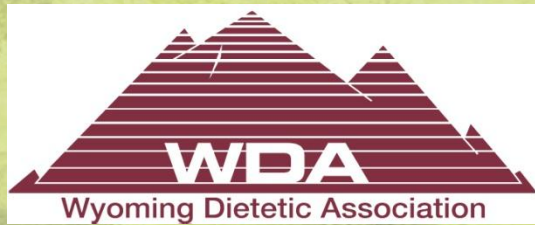
Some events SDA has been up to this year:

- Adopt a Campus clean up
- Operation Diabetes
- Hunger Week
- University of Wyoming Health Fair
- Volunteer at the Fort Collins Food Bank

At the FNCE 2011 in San Diego, two University of Wyoming SDA members were able to attend. Also, two members have also become representatives for The Academy of Nutrition and Dietetics student advisory committee.

The SDA would also like to thank everyone who has volunteered as a presenter. If you are interested in helping with SDA or being a guest speaker, please contact Dr. Rhoda Schantz at [schantz@uwyo.edu](mailto:schantz@uwyo.edu).





## **SAVE THE DATE** **MAY 1 & 2, 2012**

*To enter information into the Spring 2012  
edition of the Range Rider please email Paula  
Eskam @ [paulae@bresnan.net](mailto:paulae@bresnan.net).*

### **Guest Editors**

This edition of the Range Rider was brought to you by two dietetic enthusiasts.

- **Sarah Downs, DTR**

Sarah recently passed her DTR exam with flying colors. She enjoyed gaining experience on this project as she applies for dietetic internships this spring.

- **Megan Sexton**

Megan is currently completing her dietetic internship with University of South Dakota and has enjoyed volunteering experiencing the community of WDA.

## **WDA Annual Meeting and WDH Chronic Disease Conference**

Please join the Wyoming Dietetic Association at the Wyoming Department of Health Chronic Disease Conference May 1 & 2, 2012 at the Little America in Cheyenne.

The WDA Business Meeting will be held from 12-2:00 pm on May 2nd in the Wind River Room.

Please RSVP by 4/27/12 to [Joan.Franklin@wyo.gov](mailto:Joan.Franklin@wyo.gov) or  
[Barbara Buyske.wyo.gov](mailto:Barbara.Buyske.wyo.gov)

- For information on the WDH Chronic Disease Conference, contact [Star.Morrison@wyo.gov](mailto:Star.Morrison@wyo.gov)

## **Public Health and Community Nutrition**

**Submitted by Chris Douglas**

The Public Health and Community Nutrition DPG Winter Spring 2011 newsletter *The Digest* discussed STAR-Steps to Achieve Results a program to assist Native Americans in Oklahoma in preventing diabetes with focus on exercise, consuming less calories and fat, family support along with providing tools to help in achieving success. Other community activities were highlighted throughout this newsletter including making produce more available for people, involving schools to lower the sodium, promote school gardens and food safety, breastfeeding promotion within hospitals, menu education, tobacco cessation, and various other activities in part to grant money received. In the Summer Fall 2011 edition discussed breastfeeding and that more and more people are breastfeeding as more and more people are learning of the risks should they choose not to breastfeed. The Digest went on to promote dietitians to become involved in comprehensive wellness environments for schools through involvement in schools' Local Wellness Policy, assisting with HUSSC, provide nutrition education and be a liaison for the schools as they utilize various nutrition programs available along with a variety of other ways to be involved.