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# ◆ LDA Connection ◆

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Lansing's Food and Nutrition Professionals

August 2003

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## *President's Message*

*Karen Giles-Smith*

Welcome to all area nutrition professionals and students! Please join us at the LDA social on

September 9th (details enclosed).

Feel free to invite colleagues who may be interested in joining LDA. We will enjoy hors d'oeuvres and good company; honor our 50-year members, Rachel Schemmel and Clara Frederick; and celebrate being awarded the MDA public Relations (Group) Award for the LDA Food and Fitness 5K Run/Walk!

Be sure to complete the enclosed Member/Guest Form for this term - but first make a copy to give to a fellow nutrition professional or student!

The New Look of LDA  
As MDA is restructuring to best meet member needs (for more details, see the Spring Conference Edition of the MDA Link posted on [www.eatrightmich.org](http://www.eatrightmich.org), the Lansing Dietetic Association is reinventing itself to best serve Lansing area members. Here are our improvements to date and those in progress:

\* The LDA Board has been streamlined by combining the Secretary and Membership Chair positions.

\* The LDA Board is considering a new Board structure and LDA organizational structure, depending on member input regarding the functions and goals of LDA.

\* A LDA Web site is under development to enhance communication.

\* The LDA meeting/program structure will be modified in light of the Professional Portfolio system and with guidance from the Needs Assessment.

This year's Needs Assessment (enclosed) includes questions that will help MDA and LDA best meet member needs. Please complete and return to make your needs known!

Congratulations to our new 2003-2004 Board of Directors! And a warm welcome to Lynn Labataille, our LDA President-elect and a brand-new Board member.

For your reference, the Board Directory will be enclosed in this newsletter.

***"...the Lansing  
Dietetic  
Association is  
reinventing itself to  
best serve Lansing  
area members..."***

The Future of the LDA Food and Fitness 5K Run/Walk looks promising-thanks so much to the members who volunteered to assist with the 2004

LDA Food and Fitness 5K! Nine people have volunteered to be Committee

Chairs and 28 people have volunteered to date for various committees. With the addition of

MSU Food and Nutrition student volunteers and MSU dietetic intern volunteers, there is enough manpower to organize and implement the 2004 Race. More details to come!

Karen Giles-Smith, M.S., R.D.

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## Local Initiatives and Updates

- ◆ **3-A-Day of Milk, Cheese or Yogurt for Stronger Bones campaign.** The 3-A-Day of Dairy campaign is a public awareness/nutrition education initiative developed by the dairy industry and supported by the American Academy of Family Physicians, American Academy of Pediatrics, National Medical Association, and American Dietetic Association to address an issue experts recognize as a major health problem - America's low calcium intake. Visit [www.3aday.org](http://www.3aday.org) for consumer resources (recipes, tips and tools) and health professionals/educator resources (data, research articles, research reviews, and consumer education materials).

- ◆ **"Michigan Action for Healthy Kids Coalition.** Last October, the National Dairy Council co-sponsored the Healthy Schools Summit in Washington, D.C. The summit challenged health, nutrition, academic, government, and physical fitness experts to improve children's nutrition and physical fitness in schools. Subsequently,



over thirty Michigan organizations have formed a coalition (including Michigan Department of Education, Michigan

Department of Community Health, Michigan Dietetic Association, Michigan State University Extension, and United Dairy Industry of Michigan) to help Michigan schools promote healthful eating

and adequate physical activity as an integral part of the total learning environment. For more information and to join the Michigan Action for Healthy Kids Coalition, visit [www.actionforhealthykids.org](http://www.actionforhealthykids.org).

- ◆ **Licensure:**

Now that we have put RDs in the forefront and forged new partnerships it is time to start working toward Licensure (yes, Licensure!) for RDs in MI. We are hoping to have a new bill introduced in the fall. During this exciting time we will need member involvement. Look for Action alerts to inform you when it is time to contact your legislators.

And here is our first Call to Action: we need current data! It is time to start filling out Documentation of Harm forms again. We have some great archives from 1998-2000, but we need more. Please take the time to document an incident when a patient was harmed by not receiving nutrition care from an RD. You can locate the form on the MDA website

in the General Forms section:

<<http://www.eatrightmich.org/mdaforms/forms.asp>>. Please contact me if you do not have access to the web and would like a form mailed to you.

- ◆ **Medicare Reform:**

On June 27 2003, both the House and Senate passed their own versions of a Medicare Reform Bill. A compromise bill is expected in September. It is important to note that neither of these bills included increasing Medicare coverage of MNT to include cardiovascular disease.

Medicare coverage of MNT for Cardiovascular Disease: In the meantime, HR 1225 and S 632,

◆ **ADA Professional Portfolio**

Advice for Developing Your CDR Professional Portfolio  
Ocene Naglik, MDA Delegate to ADA, has offered to provide a complimentary workshop or answer questions on an individual basis about the Professional Portfolio System. You can reach Ocene at 313-745-4757 or [oanaglik@yahoo.com](mailto: oanaglik@yahoo.com)

◆ **New Program Options**

**Grey is the Weigh** is an intuitive eating approach to help individuals overcome overeating. The 12-week program will provide principles and tools to help guide life-long weight management... sessions start in October, please call Sparrow weight management Center for more information @ 333-7007

**Shapedown** is a weight management program for children, teens and their family. A family based non depriving approach is used over a ten week session. Sessions are starting at the end of September. Please call SWMC for more information @ 333-7007

**2003-04 LDA Board of Directors**

- President:  
Karen Giles-Smith, M.S., R.D.  
517-349-8480 x227; [kgs@udim.org](mailto:kgs@udim.org)
- President-elect:  
Lynn Labataille, R.D.  
989-723-5211 x1509; [lla bataille@yahoo.com](mailto:lla bataille@yahoo.com)
- Secretary/Membership:  
Mary Angela Niester, R.D., M.P.H.  
517-552-0353;  
[mniester@umich.edu](mailto:mniester@umich.edu)
- Treasurer:  
Gayle Novitsky-Hood, R.D.  
517-669-7911;  
[MHOOD90265@aol.com](mailto:MHOOD90265@aol.com)
- Legislative Chair:  
Tracie Bolton, R.D., IBCLC  
517-651-5614; [TABolton@aol.com](mailto:TABolton@aol.com)
- Communications Co-chairs:  
Melissa Tolan-Halleck, R.D.  
517-333-7007;  
[melissa.tolan@sparrow.org](mailto:melissa.tolan@sparrow.org)  
Jodi Jocks, R.D.  
517-381-4001; [jeichj@yahoo.com](mailto:jeichj@yahoo.com)
- Public Relations Chair:  
Diane Fischer, M.S., R.D.  
517-364-2468;  
[diane.fischer@sparrow.org](mailto:diane.fischer@sparrow.org)
- Nominating Committee Chair:  
Amy Hanover, R.D.  
517-226-6518

⇒ **Legislative Update from the Michigan Dietetic Association, September 2003**

With the help of our lobbyist, DeGrow and Associates, MDA has launched an Image Campaign for RDs. The focus is to put RDs in the forefront of nutrition issues in MI. The kickoff on April 28, 2003 with our Key Issue Event in Lansing was a success. With the current focus on Childhood Obesity, we pulled together key leaders in nutrition, community health, and education to discuss issues and collaboration. Through this event we have created a professional network with MDA as the facilitator and leader. During the meeting it was established that there are many solid programs and resources available but they are not getting to the professionals that need this information. The participants asked that MDA take the lead in getting "The Right Message to the Right People". Through our website [www.eatrightmich.org](http://www.eatrightmich.org) <http://www.eatrightmich.org>, our ENERGY Task Force is working hard to make these resources available to other health professionals.

*It is also our goal that the new coalition is able to work together when nutrition legislation appears in Lansing.*

Also, through this network, health professionals will be able to communicate, share information and hopefully address poor childhood nutrition more effectively. We are pleased to start this information sharing with the Michigan Association of Physician Assistants, at their annual Conference in September 2003. At this conference Sandy Parker will be presenting on Childhood Nutrition and MDA will have an exhibit booth throughout the conference for even more exposure. This is just the beginning of what our partnerships can do for us.

It is also our goal that the new coalition is able to work together when nutrition legislation appears in Lansing. Look for more details to come in this exciting endeavor.

**Please join us for our Fall Social!**

Here is your opportunity to meet and talk with other dietitians in the area. We will also be honoring our two 50 year ADA members, Rachel Schemmel and Clara Frederick. All LDA members, potential members, and Food and Nutrition students are invited to attend.

**When: September 9, 2003.  
Beginning at 6:00PM**

**Where: The private dining room at La Senorita Restuarant, 2706 Lake Lansing Rd. (Just west of I-127)**

Appetizers and first drinks will be provided, with an opportunity to purchase dinner. Please RSVP by September 2, 2003 to Gayle Hood, 669-7911



**Food N Fitness Race**

The numbers are in! Through donations and proceeds from the race, we were able to send \$200 to the MSU Student Food Bank, and \$2850 to the Greater Lansing Food Bank! Way to go!

In This Issue...

## Fall Social - September 9, 2003

good information to pass on...

### *The Intuitive Eating Approach*

Are you tired of policing yourself and those around you- but because of your drive for a healthier more balanced life you are afraid to let up your guard? Well, there is a way to do this. Many of the food rules first need to be thrown out- or at least cleared from your mind. This will allow for more peace with eating- after all, it is the behavior we have taken with food not the food itself. By setting many rules and restrictions with food we may actually be enhancing the cravings and urges to eat *out of control*. The inclination often is to either have many rules with food, almost drill sergeant like, or to have



lutely no sense of structure. This black and white thinking can be very detrimental to successful weight management. The key is to learn how to live in the grey by stopping the policing and starting the nurturing. This will help you set effective limits with yourself but also yourself the power of By dieting through deprivation the option choice is eliminated food appears to begin control. This concept is likely to appear odd or abnormal , especially if you have been strictly dieting on and off for many years. It is more than just trusting your body to eat what is wants- it is learning to know what your body wants and having the knowledge, experience and empowerment to make choices. These concepts will be offered in a 12 -week program offered by Sparrow Weight Management Center's- *Grey is the Weigh*. The program will begin the week of October 8<sup>th</sup>- please call for more information, 333-7007

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