



**Melissa
Lonsberry**

President's Message

Hello everyone! It's March already; time for National Nutrition Month, March Madness, spring break, an increase in cabin fever and our 25th Annual Food & Fitness 5K! Spring is in the air – people are coming out of their houses, visiting bike stores, taking up jogging again, etc. Soon it will be time for capris and sleeveless shirts. The approach of warm weather is causing an increased interest in eating healthy and moving more. It is prime time to market the RD as the Nutrition Expert!

LDA Social

LDA kicked off January with a Social at the ECTC Bakery in East Lansing. The event was greatly attended by members of the Michigan State University Food and Nutrition Association (FNA). Nutritional professionals who attended the Social represented industry, public health, clinical nutrition, weight management, child nutrition and health and wellness. It was great to meet with the students, answer their questions and to find out what their needs are in regards to the ADA, MDA and LDA. Several dietetic interns from MSU were also present to ask and answer questions. The ECTC Bakery staff was very professional and accommodating of our last minute increase in numbers! We will definitely meet there again. The food, drink and camaraderie contributed to a successful event – I hope to see even more LDA members at upcoming events and at our next social in the fall.

Listen & Learn

LDA offered an opportunity to earn continuing education credits on March 1st. LDA purchased the "Health Implications of the Glycemic Index" teleseminar from ADA. This "Listen and Learn" event was offered for a nominal fee and held at the United Dairy (UDIM) office, courtesy of LDA member Karen Giles-Smith. We had 15 confirmed RSVPs for this event. It was a great opportunity to learn more about the glycemic index, its development and use in nutrition counseling as well as meet new people, network and catch up with each other. The LDA Board would like to offer another CPE program in April. "Coast to Coast Sports Nutrition" is available through the ADA on April 27 from 2-3:30 pm. As of right now, we are looking for a place to hold this teleseminar. If you know of a place that has teleseminar/teleconference capabilities and can hold 20 or more people, please contact me at lonsberry@msu.edu or Emily Ostrowski at dorowemi@msu.edu. Please also contact us with any other opportunities you hear of that other LDA members may benefit by attending.

Food & Fitness 5K



As I mentioned prior, the LDA Food & Fitness Race is nearly here (March 25). The race committee has been working hard on this event to make it a success. I wish to thank them for all their hard work and dedication. Can you believe it's the 25th anniversary of the race! I spoke with Sherlyn Hogenson, MS, RD of Ingham Regional Medical Center about the race. She was involved in the first year and she could not believe how fast time has gone. It's great to learn of other RDs who have been involved throughout the years. I hope many will return to mark this silver anniversary. Please pass the word along. Come out to run or volunteer at this milestone! This is one great way to show our local community that RD's are "the nutrition expert" and that we care about their health and wellness. Please contact Lora Cochran at ljfcochran@hotmail.com to volunteer.

Building a Better Box

To close, please contact me, or any LDA Board member, regarding how LDA membership can better meet your professional needs. I recently was able to sit in on a MSU FNA meeting where Judy MacNeill, MDA President, was the guest speaker. Judy gave a great talk to the students on teamwork. Judy asked the students how being a member of ADA, MDA and LDA could benefit them. One student offered, "mentoring opportunities" while another student said, "networking". Both Judy and I wish to hear from you about how we can "Build a Better Box" and keep membership vital and relevant to you. Mentoring and networking are important for all of us. How can we make this process easier? Please contact us; attend the 25th Annual Food & Fitness Race and member meetings; give us your opinions and your time! Together we can make it so!

Thanks!

Melissa M. Lonsberry, R.D., 2005-2006 LDA President

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Conferences and Resources

Michigan Dietetic Association Annual Conference

May 18-20, 2006

Holiday Inn, Livonia

For more information, visit www.eatrightmich.org

Nutrition Resources:

Book: *A Framework for Understanding Poverty*

For those of you who work with low income populations, there is an outstanding book available which has an eye-opening message: *A Framework for Understanding Poverty* by Dr. Ruby Payne.

If you work with people in poverty, some understanding of how different their world is from yours will be invaluable. Whether you're an educator – or a social, health, or legal services professional – this breakthrough book gives you practical, real-world support and guidance to improve your effectiveness in working with people from all socioeconomic backgrounds. In her book, Ruby discusses the hidden rules that govern how each of us behaves in our social class. Those rules, because they are hidden and only known to those within the group, prove to be a major stumbling block for individuals trying to move to a new social class.

You can read more about Ruby Payne at her website, www.ahaprocess.com. She has an excellent article posted there, "Reflections on Hurricane Katrina."

-- **Submitted by Gail Hagbom, RD**

Nutrition Education Tool:

Calcium Counseling Resource

The newly revised Calcium Counseling Resource is filled with the most up-to-date scientific information about dairy/calcium and its role in health and disease. These materials include strategies, counseling tips, and links

to educational tools you can down-load to help your clients meet their calcium needs and overcome barriers to improving their calcium status.

www.nationaldairyCouncil.org/NationalDairyCouncil/Nutrition/Nutrients/calciumCounselingPage1.htm

Nutrition Education Grant:

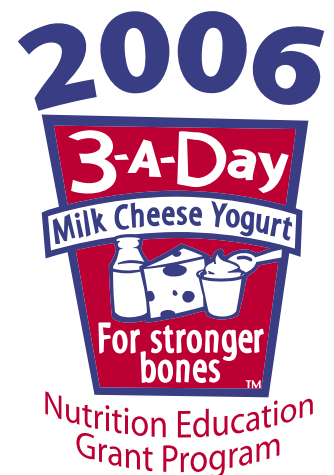
2006 3-A-Day of Dairy™ Nutrition Education Grant Kicks Off

Apply for a \$5,000 3-A-Day of Dairy Nutrition Education Grant through United Dairy Industry of Michigan.

The grant will support a program to be implemented within the school environment and designed to empower children ages 9–18 to be advocates of healthy eating by including three servings a day of milk, cheese or yogurt.

Visit United Dairy Industry of Michigan's Web site for instructions and a downloadable application: www.udim.org/3_a_day.htm. Applications are due March 31. Winners will be announced on or around May 19, 2006.

Last year more than 40 grants were awarded nationwide. For a complete list of the 2005 winners and highlights from the 2004 winning programs, visit National Dairy Council's Web site: www.nationaldairyCouncil.org www.nationaldairyCouncil.org/NationalDairyCouncil/Health/ThreeADay/grant.htm



www.eatrightlansing.org

Now Featuring: LDA Members!

To help you get to know LDA members and see the wide variety of nutrition expertise and career



opportunities in the Lansing area, LDA members are featured on the LDA Web site on a rotating basis. Mary Niester, MPH, RD, Michigan Dietetic Association Conference Chair, is currently in the spotlight. The "Networking" section of the Web site contains an archive of LDA

members who have been featured in the past. Visit www.eatrightlansing.org and click on "LDA Member of the Month."

Your Link to LDA: The LDA Web site

www.eatrightlansing.org

As a LDA member, you can access the members-only sections of the LDA Web site. When you click on a members-only section (in "Association Business"), a dialog box will pop up. Enter your username and password.

What's in the members-only section?

- ◆ Calendar of conferences, meetings and events
- ◆ Membership Directory
- ◆ Board meeting minutes
- ◆ Bylaws and Strategic Plan
- ◆ Food-N-Fitness race planning information

Lansing's
Nutrition
Professionals

LDA CONNECTION

LANSING DIETETIC ASSOCIATION

Your Link to Nutrition & Health

Editor: Karen Giles-Smith, M.S., R.D., LDA Communications Chair
(Please send submissions for newsletter to kgs@udim.org)

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The 2005-06 Lansing Dietetic Association Board of Directors

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If you need more information, please feel free to contact any of the LDA Board members. We also welcome your feedback at any time. The LDA Board serves the members and we look to you for suggestions to improve our association.

The 2005-06 Michigan Dietetic Association Board of Directors

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