

## The Communicator Winter 2017



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### Letter From The President:

With the holidays approaching, I'd like to take a quick moment to express my gratitude for the opportunity to serve as President of KSAND this year. Each of you adds something unique to our profession and helps to make it valuable to the public, varied, interesting, and rewarding.

I expect that we will see changes to the public health and healthcare climates in the near future. I know that we will work together as an organization to ensure our profession is valued and our contribution to the health of Kansans is recognized. I attended an interesting session at FNCE on the importance of demonstrating the worth of an RDN on a team. For example, one group in primary care tracked how many additional patients an MD provider saw (and additional revenue generated) on days when an RDN worked in the clinic. A hospital RDN tracked additional malnutrition diagnoses identified as a result of her role on the team.

I encourage you to take time to contemplate this question within your own organization or business. While the FNCE session focused solely on RDNs working within primary care or hospital settings and showing financial advantages, there are certainly ways that RDNs add to the health of the organization, in addition to the financial bottom line in every employment setting. Figure out what parameters you can track and start doing it. Data will only help us strengthen our case for improved reimbursement and more employment opportunities. As you begin to paint a picture of the RDN impact on your organization, I hope you share your process and outcome with others and encourage them to do the same.

I wish you and your family a very blessed holiday season and prosperous New Year. I look forward to continuing to serve you in 2017.

-Angie Lanigan  
KSAND President 2016-2017

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**Bill Barkley, RDN/LD, FAND**, Director-Food Service at Children's Mercy Kansas City, and KSAND member was selected to receive the Medallion Award from the Academy of Nutrition and Dietetics. The award recognizes a lifetime of contributions to the nutrition and dietetics profession and the Academy. The award was presented at a special honors breakfast on Oct. 16 at the 2016 Food & Nutrition Conference & Expo in Boston. Congratulations to Bill Barkley!

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#### Public Policy Workshop

The planning process has begun for the Public Policy Workshop to be held March 8, 2017, 10:30 a.m. to 5:00 p.m., at the State Capitol. We are still working to secure 3 speakers, including a panel discussion on reimbursement, and possibly, a hands-on workshop. Look for additional details to come regarding PPW 2017! Any questions or concerns can be sent to Gretchen Strathe, KSAND President-Elect at [pres-elect@eatrightks.org](mailto:pres-elect@eatrightks.org).

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## From Around the State:

***"Nutrition is Our Community, Business/Nutrition is Our Business"***

**Western Kansas Dietetic Association's  
Annual Networking Event & Education Meeting**

On Thursday evening, September, 29, 2016, dietitians from the Western Kansas Dietetic Association (WKDA) gathered at Shepherd's Gate Goat Farm near Pfeifer, KS for their annual networking event. The evening included observing the feeding & milking process of the goats as well as learning about the nutrient content & value in goat's milk. Other topics discussed were goat milk homogenization, cheese making, & soap making. Participants got to sample a variety of cheeses & take home soap made from goat's milk. After the tour, attendees participated in an ag panel discussion while enjoying a boxed meal sponsored by Lundgren Angus Ranch & Link 4 Nutrition/Link 4 Diabetes. Ag panelists included Heidi Wells, RD, LD, Tammy Simons, MS, RD, LD, & Kirsten Angell, RD, LD, CDE. They discussed their respective ag operations including "Dairy Cattle are Milk Factories", "Top Crops & Wheat with Emphasis on Research", & "Beef Cattle: Both Sides of the Plate". Attendees had the opportunity to interact with the speakers & have questions answered & explained regarding hot topics in agriculture as it relates to food.

WKDA members continued their annual education meeting on Friday, September 30, 2016 at Sternberg Museum, Hays, KS. Janine Gracy, Project Director at Heartland Telehealth Resource Center, started the day off with a very informative presentation on telehealth & much discussion from attendees on the impact of telehealth on dietetics in the western KS district. Dr. Kenton Ollif, Fort Hays State University professor, followed with great information on how to "Keep All Your Balloons in the Air--Stressless". After a wonderful meal provided by Glen & Terry McNeil during the annual business meeting, Mary Hiebert, RD, LD, rounded out the event by providing participants with multiple resources for counseling patients with celiac disease based on scientific theory & her personal experience.

Plans are already in the works for next year's annual networking event & education meeting, so watch the KSAND listserv for details & make plans to join the WKDA during the fall of 2017 for fun festivities!



**KSAND Foundation T-Shirt Fundraising Event**

Orders Open: Thursday, December 1, 2016 – Wednesday, March 15, 2017

Help raise funds for the Kansas Academy of Nutrition and Dietetics Foundation by purchasing a trendy Kansas Dietitian T-Shirt! All proceeds will go to the KSANDF.

T-shirts are Gilden brand G200. Color options are: Heather Grey, Royal Blue or Purple as seen in the picture above.

T-shirt sizes are Adult S - Adult XL. Adult XXL is an additional \$2.25 for 1 shirt.

T-Shirt cost includes the cost of shirt, online credit card and processing fees, plus shipping and handling directly to your home! If you would like to mail your payment via check, then you are able to do so: KSAND Office, 271 S. Canyon Dr., Olathe, KS 66061. All check payments must be postmarked by March 1st!

**How can I contact the organizer with any questions?**

Please email [director@eatrightks.org](mailto:director@eatrightks.org) or [KSANDFchair@eatrightks.org](mailto:KSANDFchair@eatrightks.org)

**What's the refund policy?**

All sales are final. No exchanges or refunds.

**When will the t-shirts be shipped?**

ALL t-shirt orders will be shipped in early April 2017. A bulk order is required for this to be a good fundraising event. Thank you for your patience.

We encourage you to wear the t-shirt to the KSAND Foundation's upcoming networking and fundraising event on April 27, 2017, in Downtown Overland Park, KS. Registration and details for the event will be posted on the KSAND Annual Conference webpage in early 2017.

Additionally, we'll be encouraging any participants or volunteers attending the Hospital Hill Run on behalf of KSANDF on June 2 and 3, 2017, to wear your KS Dietitian T-Shirt! Our runner discount code will save you 20% off registration. The Hospital Hill Discount Registration code is KSANDF for runners. Volunteer registration information will be emailed soon.

**Order Today at:** [Eventbrite](https://www.eventbrite.com/e/ksand-foundation-t-shirt-fundraising-event-tickets-29288332190) or copy and paste this link into your browser <https://www.eventbrite.com/e/ksand-foundation-t-shirt-fundraising-event-tickets-29288332190>

Please note that when you order, you must click the green "Tickets" button.

Choose which option you would like. 1 t-shirt, 2 t-shirts or 3 t-shirts. Click 1 in the dropdown. Click on the green "Checkout" button.

This will lead you to type in your name, shipping information and t-shirt size(s) and color(s).

If you would like to pay with a check instead of a credit card, then please click on the dropdown titled "Payment Method" with Credit/Debit Card listed. The Dropdown will allow you to select "Pay by Check".

Select that option and be sure to postmark your check to KSANDF by March 1st.

**T-Shirt Pricing:**

1 T-Shirt (Adult Small - Adult XL sizes) = \$23

1 T-Shirt (Adult XXL size) = \$25.25

2 T-Shirts (Adult Small - Adult XL sizes) = \$39.25

2 T-Shirts (Adult XXL size) = \$43.75

3 T-Shirts (Adult Small - Adult XL sizes) = \$56

3 T-Shirts (Adult XXL size) = \$62.75

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Mark your calendar for the KSAND Foundation Donation Drive on **Friday, April 28, 2017, 7-9am** during the KSAND Annual Conference. Please bring donation items to the front entrance of the DoubleTree by Hilton, Overland Park, KS. By donating gently-used clothing, shoes, accessories, books, linens, and small household items (no furniture), you can help raise funds for the KSAND Foundation. Please place soft items (clothes and linens) in separate boxes or bags from hard items. Start gathering up your donations today!

Watch for more information, and feel free to email Jennifer Morris, KSANDF Chair, [ksandfchair@eatrightks.org](mailto:ksandfchair@eatrightks.org), with any questions.

### Consider Serving on the KSAND Board

Ever consider running for an office on the Kansas Academy of Nutrition and Dietetics (KSAND) Board? Now is your chance!

KSAND is recruiting candidates for the following elected positions: president-elect, secretary, council on professional issues chair-elect, nominating committee chair-elect, nominating committee and delegate. These positions begin their terms on July 1, 2017. If you are interested in serving in one of these roles, please contact Audrey Monroe ([nominchair@eatrightks.org](mailto:nominchair@eatrightks.org)) or fill out this online submission link (<https://docs.google.com/forms/d/e/1FAIpQLSdtZX7BUvNk4JkYxhBRCQvQPhp7Azytm79PxdK1rpv1APBV8w/viewform?c=0&w=1>). Nominations are preferred by Dec. 15, 2016.

Not interested in an elected position? Start thinking about appointed board positions that you may be interested in, as we

will begin looking for volunteers for these roles in early 2017.

#### **Sending Emails Via the KSAND Listserv**

Participation on the KSAND listserv is a member benefit.

You will be enrolled in the listserv with the email address provide by the Academy. If you want to change the email address from which you post messages, please notify the listserv administrator so the listserv can be updated. If you try to post a message from any other email address, your posting will be rejected as the listserv will not recognize you. If you want to be able to post messages from BOTH your work email and your home email, notify the listserv administrator so the additional email address may be added. To post to the listserv, email [KSAND@listserv.ksu.edu](mailto:KSAND@listserv.ksu.edu)

Do not send administrative messages, such as "remove me from the list", through the listserv. Contact the listserv administrator for such actions.

If you have ANY questions about or problems with the listserv, please contact the listserv administrator:

Deb Canter, PhD, RD, LD, FAND  
Professor Emeritus, Kansas State University  
[emailinglist@eatrightks.org](mailto:emailinglist@eatrightks.org)



#### **KSAND Foundation and Hospital Hill Run**

The Kansas Academy of Nutrition and Dietetics Foundation is partnering with Hospital Hill Run as a Charity Partner in 2017! The KSAND Foundation is striving to increase awareness of the dietetics profession within local communities. KSAND Foundation participants can choose to run or volunteer. KSAND Foundation runners competing in the Hospital Hill Run will benefit from a 20% reduced entry fee. The Invitation Code is **KSANDF**, and it is good for 20% off the half marathon, 10K, 5K or Re-RUN events. The code does not work on the family 5K pricing as that is already discounted. Athlete registration is open at: <http://www.hospitalhillrun.com/register/athlete-registration/> If you are not running the race, then volunteers can sign-up to help prior to race day for set-up and packet pick-up or on race day at the KSANDF Cheer Station. Volunteer sign-up will open in January 2017. A password will be emailed in

early January for the KSANDF volunteers to sign-up for the KSANDF Cheer Station on Saturday, June 3<sup>rd</sup> or other volunteer options that are available Wednesday, May 31 – Saturday, June 3<sup>rd</sup>. We will need at least 10 volunteers to staff the KSANDF Cheer Station. KSAND Members are encouraged to have family members (including children) or friends volunteer, also! KSAND Foundation runners and volunteers are encouraged to purchase and wear the trendy Kansas Dietitian T-Shirt available for order through March 15, 2017, at: <https://www.eventbrite.com/e/ksand-foundation-t-shirt-fundraising-event-tickets-29288332190>



Download the new [Midwest Dairy](#) App for instant information access including answers to frequently asked questions on animal care, environment, food safety, nutrition and more. This new tool allows you to research the answers to dairy questions and respond instantly to patients and clients. The Midwest Dairy App is available at no cost on Apple and Android phones. Find it by searching for “Midwest Dairy” in the app store. Download the app and encourage your colleagues to benefit from this handy resource!



Ever wonder where milk and dairy products come from? Not everyone can visit a dairy farm in person, so here's a chance to get a glimpse of what life is like on the farm. Now you can visit a dairy farm from the comfort of your computer, tablet or mobile phone. Visit [MidwestDairy.com](http://MidwestDairy.com) to see how milk from real cows, on a real Midwest farm, becomes fresh, naturally nutrient-rich dairy foods. Video is an important and engaging way to reach patients, clients and consumers. Midwest Dairy Council is excited to offer this series of [ten "bite-size" videos](#) to you to share with your key audiences via your Facebook page or Twitter account. If you are interested in using these videos on your social channels, a detailed Social Media Guide is available in this [Dropbox folder](#).



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