



The Communicator Winter 2018

The Communicator serves to inform members of current news related to food & nutrition, and KSAND activities.

President's Message

KSAND Members-

How do you define opportunity? Dictionary.com defines it as "a set of circumstances that makes it possible to do something." I am certain it looks different for everyone. One thing is sure, opportunity is everywhere! The more open you are to what life offers you, the more likely you are to recognize it.

When I first hear the word opportunity, I think about how the situation might impact me. As humans, we naturally look for personal and professional growth. I am learning when we say yes to what we perceive as an opportunity, it can impact far more than the individual. If we allow it, opportunity can be selfless.

While representing KSAND at FNCE® in Washington DC, it became evident that those who I had the opportunity and privilege to be in the presence of, embraced opportunities. As a result, they are "giants" in our field. Their willingness to consistently explore and engage with our dietetics profession and resulted in recognition in the form of medallions, awards, and more. Their willingness to not be bound, reached and impacted so many others while ultimately transitioning the opportunity from them, maybe without even realizing it, to others like myself.

Ms. Ann Gallagher (pictured in the middle below) shared her words of wisdom about opportunity with me during the Awards and Recognition breakfast. She said, "When asked to do something, think about it. It is okay to say you will get back with them."

Ms. Gallagher emphasized what opportunity can do not only for yourself but for others. She stated "it only takes one." Her thoughtfulness to say good morning to me, offer a seat next to her and engage in conversation with me was a general and selfless act that opened my eyes to the impact of opportunity and shifted my thoughts to think about how it can impact others.

I am thankful for the wisdom and mentoring Ms. Gallagher gave to me during that breakfast. With a new year upon us, opportunity will continue to be present in 2019. I challenge you to keep your hearts and minds open to experience, thinking not only about what it can do for you, but also how the opportunities you take will impact others as well.



Blessings in 2019.

Jennifer Morris, MS, RD, LD, ACE-CPT
2018-2019 KSAND President

FNCE 2018

FNCE® 2018 in Washington, D.C. was alive with education, enthusiasm, and empowerment to lead!

Submitted by Jennifer Morris

While in DC, KSAND, K-State, KU, ArAND, OKAND, & MOAND hosted their 2nd joint affiliate networking event at Baby Whale. It was a HIT! The Monday evening networking event delighted roughly 65 attendees with delicious appetizers, sips and fellowship. It was a great way to connect across state lines, providing opportunity to see familiar faces and meet new ones. Distance students were elated to meet fellow KSAND members, including their professors, and I too was giddy to meet a fellow HBPC VA dietitian from Oklahoma! I networked with many speakers and exhibitors, exchanging information in hopes to bring them to Kansas for KSAND's 2019 Annual Conference & Exhibits. In communication with Conference Planning Committee and with the support of KSAND's Executive Director, we have already secured speakers and sponsors. Thank you KSAND for supporting the Presidents travel to FNCE®.



(L-R ArAND: Erin Moore, RD, LD, CNSC; KSAND: Jennifer Morris, MS, RD, LD, ACE-CPT; OKAND: Melissa Kirby Heuer, MA, RD, LD; MOAND: Rebecca Collier MS, RD– not pictured)

Academy News

Nominate for the Academy's Highest Award

Recognize those who have advanced the profession, exhibited leadership and shown devotion to serving others in both nutrition and dietetics, as well as allied fields, by submitting an intent to nominate by January 15, 2019 and completing the full online nomination by March 1, 2019. Award recipients will be announced in May 2019 and recognized at the Academy of Nutrition and Dietetics' 2019 Food & Nutrition Conference & Expo in Philadelphia, PA. [Learn More](#)

Transforming Vision into Action Award

The Council on Future Practice's [Transforming Vision into Action Award](#) is given in recognition of outstanding collaborative contributions of Academy members and their teams. The purpose of this award is to recognize innovative programs or products that transform a vision into nutrition and dietetics practice and/or education with outcomes relevant to the future. The deadline to apply is March 1, 2019. Please share this information with members and/or consider applying!



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Academy Opportunities

2019 Academy Elections

You could win a FNCE® registration. Vote February 1 -15 in the 2019 Academy and KSAND Elections! If KSAND has the highest percentage of voters in the Academy election, your name will be entered in a drawing to WIN! LET'S WIN A KSAND MEMBER A TRIP TO FNCE®!

[VIEW the 2019 Slate of Candidates](#)

Opportunities to Serve Survey Available

If you are interested in volunteering for an Academy of Nutrition and Dietetics committee, complete the Opportunities to Serve Survey. The survey is now [available](#) and will be available through January 9, 2019.

National Nutrition Month

National Nutrition Month® project GRANTS!

Submitted by Kyleen Harris

Do you have a project idea for **National Nutrition Month®**? The Kansas Academy of Nutrition and Dietetics is proud to offer funding to KSAND members. **Grants applications are due by February 15, 2019.** Find out more information [here](#).


National Nutrition Month® is celebrated each year during the month of March. Starting this year, we are honoring National Nutrition Month® as its own theme. This will allow greater flexibility in the promotion of healthful messages.


Plus, it allows the campaign to focus on its original purpose, which is: "To increase the public's awareness of the importance of good nutrition and position Academy members as the authorities in nutrition."

Registered Dietitian Nutritionist Day is March 13, 2019!

Check out the awesome National Nutrition Month® [products](#) and [resources](#)!



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In Memoriam – Carrol Niles Henderson



Carrol Niles Henderson, long-time dietetics leader who played a pivotal role in getting licensure for Kansas dietitians, passed away peacefully on Monday evening, November 5, 2018, at the age of 92.

Memorial contributions in the name of Carrol Niles Henderson may be made to the Lyndon Carnegie Library, the Lyndon United Methodist Church or the Vassar Methodist Church, and may be sent to the Feltner Funeral Home, 818 Topeka Avenue, Lyndon, KS. 66451.

Carrol was born Carrol Dean Ramsey and grew up in the southeast Kansas town of Uniontown. She attended her first two years of college at Fort Scott Junior College, then transferred to Kansas State University where she graduated with a B.S. in General Home Economics.

Carrol's first job was as the Extension Home Agent for Leavenworth County and later served as the first Extension Home Agent for Coffey County. With her marriage to Irving Niles, she was a devoted mother to three children, and was very active in community affairs in Lyndon, Kansas. She served on the local school board and was the 4-H sewing leader for many years.


Carrol's husband, Irving, served as a representative in the Kansas Legislature. It was Irving who informed Carrol that there was a shortage of dietitians to serve rural nursing homes. As a result, she decided to become a dietitian and returned to college, commuting to Kansas State University to earn a Master's degree. Carrol served as the dietitian for several nursing homes over the years, first in Lyndon and Overbrook, Kansas. Later she worked for homes in Lawrence, Waverly, Osage City, and Emporia.

Carrol was a prime mover for the achievement of licensure for Kansas dietitians, with work beginning in 1982 and culminating in 1988 with then Governor Mike Hayden signing the licensure bill into law. As a sitting legislator at the time, Carrol's husband Irving also was instrumental in the licensure effort. He was awarded an honorary membership in the Kansas Dietetic Association in recognition of his support and assistance. In 1988, Carrol was recognized with the KDA Distinguished Dietitian of the Year award; and on March 1, 1991 became the first licensed dietitian in Kansas with license number 00001.

The Kansas Academy of Nutrition and Dietetics expresses its sincere gratitude for Carrol's leadership and many contributions to the profession of dietetics in Kansas.

In honor of Carrol Niles Henderson, KSANDF Awards Committee has named the newest KSANDF Scholarship the **Ms. Carrol Deane Niles Henderson Scholarship** in honor of her selfless service to the dietetics profession, KSAND (then Kansas Dietetic Association), and specifically Kansas dietitians for playing an integral part in establishing Kansas' dietetic licensure.

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KSAND News

KSAND Annual Meeting 2019

Call for Poster Session Abstracts! Share your ideas and knowledge at the 2019 KSAND Conference. Submit your abstracts [online](#). Share your innovative and effective projects with colleagues and students. Posters can include formal research, student projects, and best practices towards achieving outlined goals with measurable outcomes. **Check out the [KSAND website](#) and follow us on social media for event info, updates, and more!**



KSAND Foundation

Submitted By Ariel Johnston


Thank you to all that participated in the book auction on Giving Tuesday. Be on the lookout for more online auction offerings with the annual conference coming up! If any members have items they would like to donate to the silent auction please email ksandfchair@eatrightks.org.

This year for the annual conference networking event, the conference planning committee is working on an event at the K-State Alumni center with food, drinks, and time for networking with other RDs across the state! Be on the lookout for more information to come.

Another exciting thing the Foundation is working on this year is a t-shirt and tote bag available for order! They will both be available for order January 1st to February 28th. A special offer will also be available to all existing members that recruit a new member to sign up during this time period- 50% off to both recruit and new member! Keep an eye on your inbox for information on how to order. Thank you to all members for your support.



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Advocacy Update

KSAND Combats Malnutrition on Capital Hill

Submitted by Breta Alstrom

On October 24th, members of KSANDs Advocacy Team headed to Capitol Hill to meet with our Kansas Congressmen. We met with the offices of Congressman Yoder, Marshall, and Estes, as well as Senators Moran and Roberts. With each member of congress, we discussed the beneficial impact that RDNs have on malnutrition readmission rates and preventing chronic disease, therefore, saving tax dollars. Additionally, we outlined the detrimental effects that malnutrition has on our patients, communities, and healthcare system and how you can't fix one without the others. Our visits were predominantly conducted with the purpose to start the conversation surrounding malnutrition, to lay the foundation for future discussions.

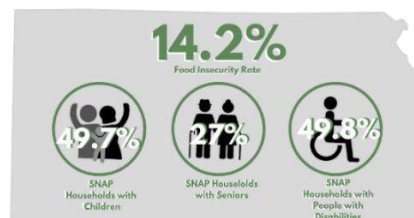


Malnutrition isn't just a Farm Bill issue or a healthcare issue. It's a societal infrastructure issue. As many of you know, malnutrition doesn't end when patients leave the hospital, or when they receive aid from nutrition assistance programs. Therefore, it is difficult to create a piece of legislation that addresses the full extent of malnutrition. Instead, messaging can be incorporated into legislation that addresses the different components of malnutrition. This will require continued conversations and advocacy in the context of malnutrition.

Senator Roberts is the Chair of the Agriculture, Nutrition, and Forestry Committee which oversees nutrition assistance programs listed in the Farm Bill. Senator Moran is Co-Chair of the Hunger Caucus and sits on the Appropriations Committee, which ultimately decides how much funding all federal programs receive. They are two key players in our advocacy efforts to address malnutrition. By continuing the conversation, we can make an impact.

In conclusion, all offices were receptive to our message and were encouraged to seek out opportunities to address malnutrition through better insurance coverage for nutrition related disease, support for food assistance programs, and community supports to address other barriers to access.

For more information on what was discussed at PPW or how you can get involved in advocacy, please reach out to Breta Alstrom, Public Policy Coordinator publicpolicychair@eatrightks.org.



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Awards and Scholarships

Apply Today!

Submitted by Stephanie Becker

2019 KSAND Awards – Nominations for awards are due January 23, 2019.

Email nominations to the KSAND Awards Chair at awardschair@eatrightks.org. Click [HERE](#) for guidelines and applications.

NEW! The Awards Committee for KSAND is happy to announce TWO new awards that will be presented at the KSAND Annual Conference meeting in Manhattan on April 12th!

- Members are encouraged to nominate a deserving individual or business whose goals align with the KSAND Mission for the [Golden Wheat Award](#).
- Has there been someone in your past who made an impact on your future and career as a Dietetics Professional? If so, let them know by nominating them for the [Mentoring Award](#).

2019 KSAND Scholarships – Applications are due February 23, 2019. Click [HERE](#) for guidelines and applications.

Hot Topics In Consumer Food Safety

Food Safety and Electric Multi Cookers/Canners

Submitted by Lisa Martin


A foodborne outbreak at a church potluck recently sent over 20 people to the hospital and sadly, one person died. The source of the contamination was botulism from improperly home canned potatoes.


Botulism produces a toxin that attacks the nervous system and if untreated, leads to paralysis and death. You cannot see or taste it in contaminated foods and even a small amount can be deadly.

This bacteria produces spores with a protective coating that can begin growing and make the toxin in environments of low-oxygen or no oxygen (anaerobic), low acid, low sugar, low salt, a certain temperature range and a certain amount of water. These conditions happen when foods are improperly canned or fermented. To kill the spores, a standardized, high temperature pressure canning process is needed. The recent popularity of electric multicookers/canners are a cause for concern as food safety experts don't know what research has been done to ensure that the food reaches the proper temperatures for the recommended amount of time.

The National Center for Home Food Preservation states: "We do not know if proper thermal process development work has been done in order to justify the canning advice that is distributed with these pressure multi-cooker appliances. What we do know is that our canning processes are not recommended for use in electric pressure multi-cookers at this time."

The type of food, the size of jar, the amount of space in the canner, the amount of steam, and the heating up and cooling off time are all critical in preserving safe food. In addition, power surges could affect the temperature in the multicooker/canner and the user may not know.

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If you have any questions about these appliances, please contact your local county extension office. K-State Research and Extension (KSRE) offices in all counties routinely answer calls about home food preservation. Many times, callers have not followed standardized recipes or safe practices, and they either follow our advice and throw out the unsafe food or they put their friends and family at risk.

For more information on the multicooker/canners, read these fact sheets:

https://nchfp.uga.edu/publications/nchfp/factsheets/electric_cookers.html and

<https://nchfp.uga.edu/publications/nchfp/factsheets/pressurecookers.html>

For more information on home food preservation, visit our KSRE Rapid Response webpage: <http://www.rrc.k-state.edu/preservation/index.html>.

Please note that this statement about electric cookers does NOT include the Ball Automatic Home Canner for acid foods only, which is electric, but (1) is not a "multi-cooker", but a dedicated canner, (2) comes with its own instructions and pre-set canning options for specific food preparations, and (3) has had proper thermal process development done to support the recommendations with it.

2018 Marianne Smith Edge Award

Submitted by Gretchen Stroberg


What an exciting year to be a dietitian! I want to thank the Academy of Nutrition and Dietetics Foundation for granting me the 2018 Marianne Smith Edge Award. Marianne was the Academy president from 2003-2004 and donates this award in support of experiences focused on agriculture and nutrition.


My experience was participating in the Kansas Livestock Association's (KLA) 2018 Young Stockmen's Academy (YSA) class. The purpose of the YSA is to "develop young members of the KLA through industry exposure, education and association communication." The KLA had initially reached out to my husband, a third-generation cow-calf producer and farmer, to apply for the class; however, they received my application instead 😊



Born in the city, I had a (very) limited understanding of agriculture. Countless hours on a tractor or in a pasture sparked my interest though, and I began asking questions. Lots and lots of questions paired with growing love for the land and for raising cattle, brought about Pastures and Plates, a personal website and blog. I began Pastures and Plates in an attempt to bridge the gap between food producers and consumers, sorting out unsubstantiated claims on nutrition and agriculture.

As registered dietitians, we are expected to be the food and nutrition experts. This includes a well-rounded and wholesome approach to understanding the entire food system and to provide accurate, up to date information and research to the consumers. The YSA allowed me to explore various areas of agriculture that I have had limited exposure to, including policy, animal health, feeding and processing—the full gamut!

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The first stop, Topeka. Last February, we kicked things off at the KLA headquarters. Hearing from several strong voices in the agriculture community, from lobbyists to bloggers to KLA leadership, further developed my communication skills and better prepared me to be a spokesperson for agriculture. These few days captured the entire legislative process better than any previous experience has, helping me better understand my role in advocacy.

The second stop, Kansas City. I was all eyes and ears as the YSA class toured several agribusinesses and animal health-related companies. From hedging live cattle to processing cattle for beef, we were able to learn about innovative technology and applications available to both producers and consumers.

The third stop, western Kansas. The bus left Wichita without me in September, for I was back home with the newest addition to our family, a baby boy! From what I hear though, it was an incredible few days.

The final stop, Wichita. Last week, I didn't just attend the 2018 KLA Convention, I participated. A year ago, I would've wandered the trade show aimlessly and sat in the back of the meeting rooms (probably doodling on my placemat). After having the YSA experience, however, I understood the topics discussed during the KLA committee meetings and felt confident communicating with all representatives present from the various sectors of agriculture.

The last people who I would like to thank then are my YSA classmates and KLA staff. Thank you for welcoming a registered dietitian to join you on this adventure. Your willingness to answer my questions and appreciation for my perspective did not go unnoticed.

Exposure gained through the YSA has empowered me to communicate much more effectively with consumers, advocating for both nutrition and agriculture, as they are so closely related.


I plan to continue sharing my experiences around the farm, along with sound research on nutrition, on my website. My goal is to help families feel more confident in the foods they are purchasing, cooking with and feeding to their families and to educate them on the choices they have.


KSAND Visits Student Dietetic Association!

Submitted by Isabelle Bouchard

KSAND attended Kansas State's Student Dietetic Association (SDA) meeting on September 25th, 2018. This was a great experience to interact with future dietitians and encourage the students to become leaders in KSAND and the Academy. The presentation was given by Membership Chair Isabelle Bouchard, Foundation Chair Ariel Johnston, Advocacy Chair Breta Alstrom, and National Nutrition Month Chair Kyleen Harris. In the future KSAND hopes to continue collaborating with K-State's SDA and encourage more students to serve as volunteers or board members for KSAND. The Annual Conference and Exhibits will be held in Manhattan, KS this April; Another opportunity to engage with the dietetic students!



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Board Member Spotlight

KSAND Board Q&A Feature is a new feature that highlights KSAND board volunteers and give you information you can use about board positions.

Colin Duke

Position: Secretary



What led you to volunteer for the KSAND Board of Directors?

I thought the time was right to get involved with other dietitians in my state and the chance to run for Secretary for KSAND was the perfect opportunity.

What do you enjoy most about being on the KSAND board?

So far, I think that it is great what many of the other KSAND Board members are doing to promote the profession throughout our state. I really enjoy the many pieces that come together to achieve the goals and objectives of the organization.


What advice would you give to someone who is interested in volunteering for the board?


DO IT! It is the perfect opportunity to be involved with driven, like minded, professionals within our community and to at the very least observe all the resources and connections you can make within the organization. I believe that any dietetics student who is looking for a great opportunity to get there name out there whether still as a student member or after they graduate should definitely looking into running for an elect or appointed position within the KSAND board.

What is your day job?

I currently work as a clinical dietitian in the Home Based Primary Care program at the Eastern Kansas Healthcare System for the Department of Veteran Affairs. I enjoy the insight that I get going into veterans homes that I would not get working in an inpatient or outpatient setting that allows me to give personal, realistic, and useful nutrition interventions.

If you're interested in joining KSAND's board, contact KSAND President [Jennifer Morris](#) or Nominating Committee Chair [Jeannine Goetz](#) more information!

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House of Delegates Report

Submitted by Staci Cardenas

During its 100th meeting on October 19-20, 2018 in Washington, D.C., the Academy of Nutrition and Dietetics House of Delegates (HOD) discussed the topic *Leading Together for Good Governance*.

Delegates and meeting participants engaged in conversation about what the HOD needs and wants to be in the future to best support the Academy's Strategic Plan. They also heard a trends presentation and participated in a discussion on scanning professional issues.

The delegates considered culture, process, and structure as they generated key features important to the design of the future HOD. See the full meeting discussions in the compiled [HOD Workbooks](#).

All meeting materials, including the Fall 2018 Academy updates, presentations, and follow-up information will be posted on the [HOD webpages](#).

Continuing Education

Academy Webinars

Get CPEs on your own time through the [Academy's Webinar Series](#).

Recorded:

- Nutrition and the RDN in Multimodal Perioperative (ERAS) Protocols
- Sarcopenia: How Muscle Reserves Affect Cancer Patient Outcomes
- Lessons in Leadership: How to Manage Conflict and Ethical Outcomes
- Dietary Factors and Normal Weight Central Obesity: A Chance to Improve Women's Health
- Nutritional Misconceptions Travel Across the Globe: Different Cultures, Similar Observations
- Orthorexia Comes of Age: Perspectives on the Healthy Eating Disorder

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FN Dinner Parties

#FNdinnerparty will continue after New Year... stay tuned for locations.

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