Greetings Everyone!

It is a pleasure to have this opportunity to serve as this year’s president.

It has been so fun planning and working with all of you throughout our 2015 events. So much useful information for our members was provided. Thank you to all who organized, spoke, and attended to making 2015 year so successful. Please stay tuned for all our exciting 2016 winter and Spring events to come.

This year, SEMDA will be awarding 4 grants for National Nutrition Month activities, 2 scholarship awards and a case study award to deserving applicants studying dietetics at the undergraduate and graduate level. A great investment in our future! We are proud to also support our communities, by remaining active and participating in many exciting community events, such as Forgotten Harvest and Gleaners.

SEMDA will be providing several continuing education events that will continue this winter and Spring; watch our website and come take advantage of the wealth of knowledge that is being provided for you. SEMDA is committed to providing cutting edge topics to support our practice in the area. I look forward to meeting many of you at our events and I look forward to an exciting year!

Sincerely,

Mayssoun Hamade, MS RD
President 2015-16

SEMDA Elections
See who the nominees are for the 2016-2017 SEMDA election year.

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PRESIDENT ELECT'S MESSAGE

I hope everyone enjoyed the fall and is coping with our winter months. SEMDA is planning some exciting learning opportunities for you at our monthly meetings! Previously we selected cutting edge experts to showcase the role of Registered Dietitian Nutritionists in various roles such as Functional Medicine and Neonatal Nutrition. It is rewarding to see our role as the nutrition experts evolving in highly specialized areas of health care. I am very proud that RDNs are being recognized as the experts and we are no longer viewed as having one dimension. Kudos to President Mayssoun Hamade who along with SEMDA members planned some exciting opportunities in 2015. So come out to the meetings; visit our website, www.semda.org for future meeting information and staying abreast of all that's SEMDA!

SEMDA will kick off our 2016 workshops with our Spring Workshop on March 19th. The topic will be “Eating Disorders” presented by the Inner Door Center. More details will be forthcoming on this very timely topic.

In April, the Margaret L. King Lecture will present Nancy Schlicting, CEO of Henry Ford Health System as the speaker on Wednesday, April 20th. See more details on the website.

The May, 2016 educational session and Fall 2016 sessions are still in process.

We are in the 21st century and nutrition is evolving along with the way we practice. Let me hear from you! If there is something innovative and or exciting going on in your workplace, we want to know about it.

SEMDA is always looking for volunteers too and it looks good on your resume! Volunteering presents a great way to network and get to know people and it also helps SEMDA. Feel free to contact me by email or phone at deboraheaster@comcast.net or 248-910-0500 if you have topics, potential speakers, or you want to help plan our educational agenda.

Deborah Easter, RD, MSHA
President-Elect 2015-16

Sfoof (Semolina Cake)

“There’s nothing like the energy, warmth, and laughter of family and friends, especially when sharing good food during the holiday season. This is a traditional Lebanese dessert and one of my favorites. Enjoy!”

- Randa Abdallah, Madonna University Dietetics Student

Ingredients:
- 3/4 cup semolina flour
- 3 1/3 cup all-purpose flour
- 2 cups of sugar
- 1 teaspoon of Turmeric
- 1 cup 2% milk
- 3 tsp of baking powder
- 1 cup of canola oil
- 1 tbsp. of tahini paste
- 1 cup freshly squeezed orange juice

Preparation:
1. In a bowl, mix milk and sugar, then add canola oil and orange juice.
2. Then combine dry ingredients (flour, semolina flour, baking powder, and turmeric) slowly and mix.
3. Grease an 8 inch pan with tahini paste and pour the mixture in.
4. Bake at 350 degrees for 30 minutes or until inserted wooden toothpick come out clean.
5. Remove and let to cool.
6. Optional: sprinkle ground pistachio

Serving size: up to 40 pieces

Board of Directors
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New Food Trend: At-Home Meal Deliveries  
By: Lauren Hanson  
Eastern Michigan University Graduate Student

Clients have many reasons for choosing why they do not eat more at home. How often have you heard from clients, “I hate grocery shopping” or “I don’t have time to plan meals” or “I have no idea what to cook for my family.” Robson and colleagues showed that families who choose to eat out do so because of time constraints, perceived costs of preparing meals at home and the benefit of multiple options for picky eaters. The challenge for dietitians is to encourage families to eat more meals at home. What type of intervention could a dietitian recommend to a family to help tackle some of these lifestyle factors? I decided to investigate an at-home meal delivery service to determine if it would be something I would recommend to future clients.

HelloFresh™ is a weekly subscription that provides clients with a box of ingredients and recipes to cook at home. Boxes range in size from meals for 1-2 people to meals for 3-4 people. Boxes can be customized to fit different lifestyles and food preferences. For example, HelloFresh™ offers a vegetarian and non-vegetarian box options. Recipes range in difficulty from level one (beginner) to level three (advanced). HelloFresh™ promises to take the guesswork out of meal planning, help create delicious and healthy meals in about 30 minutes, and reduce food waste by providing the customer with only the amount needed for each recipe. Another benefit of HelloFresh™ is the ability to offer new recipes, ingredients, and cooking methods to customers who might not otherwise try something new. HelloFresh™ employs a registered dietitian who includes nutritional information for all recipes. One of the biggest benefits of using the nutritional information is being able to visualize a correctly portioned meal. Being able to recognize portion sizes will not only help clients monitor their food intake but also help them to develop skills when eating out or preparing their own meals.

I ordered a non-vegetarian box for 1-2 people. Being able to schedule the delivery date of your box helps with meal planning and grocery shopping. The large, 14 pound box, contained fresh produce, fresh proteins (shrimp, pork, chicken, and steak), seasonings, and other ingredients to prepare three meals. The delivery was packaged with icepacks and insulation. The meat and seafood felt cold to the touch when removed from the box, but leery of foodborne illness I checked the internal temperature of the chicken and it passed the test. I would recommend to clients they check the temperature of their meals before cooking, especially if their box was left outside all day.

One of the biggest cons to HelloFresh™ was the price. I felt I would have been able to prepare and shop for the three meals provided for less than the $70 price tag. However, the convenience of not having to grocery shop or stress about what to cook for dinner was a big bonus. Recipes that are enjoyed can be recreated by purchasing ingredients at the grocery store decreasing the overall cost of the meal.

With more and more at-home meal delivery options popping up over the country, customers have the ability to select a company that fits their lifestyle. An option like HelloFresh™ provides dietitians with a valuable resource to help clients develop important lifestyle skills such as cooking at home and exploring new, fresh recipes.

References:

Gleaners Community Food Banks recently released their “Share Our Strength’s Cooking Matters Lead Partner Report for 2014”. This report highlights the accomplishments of Share Our Strength and their Cooking Matters partners throughout Michigan.

Gleaners Community Food Banks is a Cooking Matters Partner that serves the counties of Wayne, Oakland, Livingston and Monroe. Not only does Gleaners provide food for people in need, they also coordinate the Cooking Matters classes and grocery tours in Southeastern Michigan. This program is designed to equip families with the skills they need to stretch food dollars and maximize the benefits they receive through public nutrition programs like SNAP and WIC.

I want to share some of the amazing statistics from the report for the State of Michigan:

Courses Taught 428  
Course Participants 5,176  
Grocery Store Tours 180  
Tour Participants 1,644  
Graduation Rate 87%  
Total Volunteers 232.

This is a 1370% increase in the number of families reached by Cooking Matters in the 5 year period from 2009 – 2014. And no, this is not a typo!

55% of the participants in Cooking Matters Programs were receiving at least one form of federal food assistance programs at the time they participated.

Over the past 5 years, Cooking Matters has expanded their curriculums to provide specialized programs to target the needs of specific groups:

- Cooking Matters for Adults
- Cooking Matters for Kids (grade 3 – 5).
- Cooking Matters for Families (school- aged children and families learn together).
- Cooking Matters for Teens (adolescents in 6th grade and up).
- Cooking Matters for Child Care Professionals.
- Cooking Matters at the Store (interactive grocery store tour to help families get more nutrition from their food dollars).

Cooking Matters relies on volunteers, nutrition educators and community volunteers to provide at least 12 hours over a 6 week period to teach courses. Each volunteer is provided a leader manual and outline for each class. Experienced class coordinators communicate with class volunteers regarding the details of each class, site details, and provides the equipment and ingredients needed for the recipe/recipes to be prepared. A class assistant helps with set-up, clean-up and preparing the bags of ingredients that each class participant will take home at the end of each class.

Approximately 20 of the 232 Cooking Matters volunteers in 2014 are currently SEMDA members. Let’s increase this number in 2015 – 2016. We are all very busy with family and professional commitments. I am hoping that by building a Cooking Matters network of Dietitians in the southeast Michigan area, we can support each other in our volunteer efforts and allow the program to have another 1300% increase in the next 5 years. Please contact Joanne Sycko at jsycko@crittenton.com if you are interested in joining a Cooking Matters RD/RDN Network and setting up a Facebook group.

Trainings will be held at Gleaners Community Food Bank of Southeastern Michigan, 2131 Beaufait, Detroit, Michigan 48207

To sign up, please call or email Rebecca Blauw at (313) 923-3535 x 202 or rblauw@gcfb.org
It is hard for me to contain my excitement now that I had an opportunity to attend FNCE. What better way to express my experience than sharing with my SEMDA family. This year the Food and Nutrition Conference and Expo was held in Nashville, Tenn. from October 3-6, 2015.

FNCE can be a very overwhelming experience, with a lot of activities happening around you all the time. The best way to get most out of FNCE is to do your homework well. Usually FNCE organizes their presentations in different educational tracks viz. Child Health Issues, Culinary experience, Diversity, Immerging integrative approach, MNT, Food Safety, Integrative Approach, to name a few. You can choose to follow either one specific track or a combination of various tracks to suit your learning needs. You can also download the FNCE app to help organize your day; or there are also paper schedules available if you are like me and prefer to highlight and plan. You can earn up to 20.5 CEUs at FNCE.

Although the spotlight of FNCE this year was understanding science of antibiotics in animal agriculture, I focused on medical nutrition therapy and use of Technology in practice track. I learned a lot about use of social media in Dietetics. I also got an insight into different types of writing styles and possible opportunities by attending a 5 hour workshop on writing.

Although the event is attended by ~ 10,000 attendees, FNCE can be a great place for networking. All DPG (Dietetic Practice Groups) and MIG (Member Interest Groups) organize breakfast reception, as well as gala reception in the evening, providing a wonderful opportunity to network in small groups in an informal atmosphere. Usually these receptions are free for DPG members; however attendees can attend with minimal registration fees.

Apart from all these learning events, highlight is always the Poster Presentation, as well as the Expo with various food tasting opportunities. Most of us, including me, can easily plan to eat lunch at the Expo, along with collecting free goodies. Attendees can also earn CEUs by attending the poster sessions – you need to simply log in the number of hours you spend at the poster exhibit.

In addition to all the wonderful & endless learning opportunities, I also got an opportunity to enjoy an evening with Touch Point executives & colleagues at the gala reception organized by Touch Point.

Plan to attend FNCE in future, next one is in Boston in November 2016. Don’t forget to enjoy the city and check out eating places while you are there. Don’t forget to pack comfortable walking shoes.

Sonia Govil, MS, RD

The Academy of Nutrition and Dietetics has joined 26 organizations working together to defeat senior malnutrition... see what you can do.

In response to the growing national interest and state and federal initiatives, a new coalition was announced: Defeat Malnutrition Today (website, @dftmalnutrition). This bipartisan multidisciplinary coalition will be committed to advancing the idea of nutrition as a key indicator of older adult health in this nation. This will mean working proactively on achievable legislative and regulatory solutions to help defeat malnutrition.

Hidden problems are usually forgotten ones too. We should recognize the real threat that malnutrition poses to our older adult population and take appropriate action to better support healthy aging for Americans. This new coalition is working to defeat senior malnutrition. Goals Include:

- Achieve the recognition of malnutrition as a key indicator and vital sign of adult health
- Work to achieve a greater focus on malnutrition screening and intervention through regulatory and/or legislative change across the nation’s health care system

Contact info@dftmalnutrition.today for details.

This past Sept 28- Oct 2 was Malnutrition Awareness Week, and a new article from the American Society for Parenteral and Enteral Nutrition (A.S.P.E.N.), published in The Joint Commission Journal on Quality and Patient Safety, indicates that the impact and scope of disease-related malnutrition argues for its importance as a serious safety issue. The article calls for the establishment of a national goal in the United States. Tweet to @dftmalnutrition.
Eating Purely: A Gluten-Free Cookbook Everyone Can Enjoy
By: Corey Talbot
Eastern Michigan University Graduate Student

There is something about a new cookbook that makes me giddy. Maybe it’s the new pages untouched by my messy cooking hands or the bright colored food photographs that make my mouth water. But I do know one thing for certain: a new cookbook means no more recipe boredom. With recipes such as Kale Caesar Salad with Portobello and Polenta Croutons and Peach, Mozzarella and Balsamic Glaze Cauliflower Crust Pizza, Eating Purely¹ will not leave you bored!

I first discovered the author, Elizabeth Stein, through her line of gluten-free products, Purely Elizabeth. Purely Elizabeth products, such as the ancient grain granola, are certified gluten-free and focus on minimally processed and naturally gluten-free ingredients including gluten-free oats, quinoa, amaranth, millet, and chia seeds. Research has shown that many traditional gluten-free products are deficient in vitamins and minerals that are found in their gluten-containing counterparts, such as folate, B-vitamins, and iron². In addition, these gluten-free products contain more saturated fat and sodium than gluten-containing products². Similar to these findings, Stein also discovered that the market lacked nutrient-dense gluten-free products, and she made it her mission to help fill that gap.

With Eating Purely¹, Stein incorporates her same philosophy of minimally processed, naturally gluten-free grains into over 100 recipes. Stein's recipes are based on her principles of eating whole foods instead of processed, focusing on vegetables, adding nutrient rich ingredients full of antioxidants, and following the 80/20 rule allowing yourself to let loose 20% of the time and enjoy in moderation. Primarily plant-based, her recipes are grouped into 8 different chapters ranging from appetizers and salads to entrees, desserts, and brunch. The book finishes with a menu for every season. Each recipe is paired with a color photograph and listed with vegan or vegetarian designations. Those not following a plant-based diet will enjoy the chapter on fish and poultry main dishes, and everyone will appreciate the simply designed recipes with few obscure ingredients or specialty equipment required.

While this cookbook has everything I look for (whole-food ingredients, colorful photos, and easy instructions) it does lack some information I find important. Recipes do not include number of servings, serving sizes, or nutritional information. For those who have difficulty with portion sizes, I find that most of the recipes will serve 4 people. There are also a few minor typos, which I commonly find in cookbooks of first-time authors. Don’t let these shortcomings deter you from checking out this cookbook. It has become a favorite in my household, and I hope you will enjoy it too. On my menu tonight: Grilled Polenta Bites and Pan-Seared Scallops with Hemp Seed Pesto!

References:

A New Look at the Effect of Carbohydrates on Blood Sugar
By: Andrea DiMenna, RD, CDE
Eastern Michigan University Graduate Student

The management of type 1, type 2, and gestational diabetes relies heavily on medical nutrition therapy (MNT) because it is well-known that diet impacts blood glucose levels. In fact, the American Diabetes Association (ADA) recommends that all individuals with diabetes meet with a Registered Dietitian for MNT.¹ If you have been counseling individuals with diabetes over the past decade, you know that we have not seen any groundbreaking research to change the way we provide medical nutrition therapy (MNT). When providing MNT to a patient with diabetes, the main dietary focus is often the amount of carbohydrate-and rightfully so. The ADA concluded that the main dietary influence on postprandial blood glucose is one’s quantity of carbohydrate intake.¹ Although types of carbohydrates (eg, glycemic index, high-fiber) are often also discussed during MNT, a review of the evidence by Evert and colleagues¹ found that type of carbohydrate may have only a small effect on postprandial blood glucose levels. Shukla and colleagues² tested the effect of food order on postprandial blood glucose and insulin levels. On two separate occasions, participants (n=11) ate a meal comprised of bread, juice, chicken, and vegetables (628 kcal, 68g carbohydrate, 55g protein, 16g fat). On the first day, participants ate the carbohydrate-rich foods first, followed by the protein and vegetables. One week later, they ate the same meal but consumed the carbohydrate-rich foods last. On both days, blood sugar and insulin levels were tested before the meal and 30 minutes, 60 minutes, and 120 minutes after the meal. Postprandial blood glucose levels were significantly lower for the carbohydrate-last meal compared to the carbohydrate-first meal at all intervals. Circulating insulin levels were also significantly lower in the carbohydrate-last group at the 60-minute and 120-minute intervals, which may suggest an increase in insulin sensitivity.

This study by Shukla and colleagues² found that the order in which carbohydrate-rich foods are eaten at a meal may impact postprandial blood glucose and insulin levels. It is important to note that this study had a small sample size of only 11 participants and results cannot be generalized to all individuals with diabetes.² Nonetheless, it does provide a stepping-stone for further research and it offers insight into the way we counsel individuals with diabetes. For those patients who struggle with postprandial glycemic control, suggesting that they eat their carbohydrate-rich foods last at meals may be an easy modification rather than increasing their insulin doses.

References:

References:
If you are unfamiliar with the wonderful work that Gleaners does and the Anna Lisa Drive, Sterling Heights, MI 48312.

Send your check (made out to GCFB of Southeastern MI) to Joanne Sycko, if you are unable to attend, but wish to make a monetary donation, you can send your check (made out to GCFB of Southeastern MI) to Joanne Sycko, 11581 Anna Lisa Drive, Sterling Heights, MI 48312.

Last year we had a great group of approximately 30 dietitians and family members turn out to pack food boxes and backpacks to help feed our hungry neighbors. Joining us last year was Congresswoman Debbie Dingell and representatives from Senator Debbie Stabenow’s and office and Congressman Sandy Levin’s office.

This year’s event is scheduled from 9:00 AM – 11:30 AM. Please plan to arrive between 8:45 and 9:00 AM, as there will be a group picture taken prior to our scheduled tasks.

You must RSVP to attend this event. The tasks to be assigned are based on the number of volunteers that will be available that morning.

E-mail jsycko@Crittenton.com to make your reservation or if you have questions.

If you are unable to attend, but wish to make a monetary donation, you can send your check (made out to GCFB of Southeastern MI) to Joanne Sycko, 11581 Anna Lisa Drive, Sterling Heights, MI 48312.

If you are unfamiliar with the wonderful work that Gleaners does and the volunteer opportunities available, check it out at www.grfb.org

It's Time to Renew your SEMDA Membership

Join or renew your membership in SEMDA now! We are accepting members and renewing memberships online for 2015-2016! To join SEMDA or renew your membership, please visit us at: http://www.semda.org/members/

Joining or renewing online is quick, convenient, and SAFE! Payment is easy with any major credit card or using your PayPal account.

Food Photography in Social Media—Dietitians Using Smart Phone Cameras to Take Better Pictures

By: Heather Ray
Eastern Michigan Graduate Student

Deborah Davis, MS, RDN, the woman behind dietitiandebbie.com, is standing in front of a class of more than 20 dietitians at the Milwaukee VA Medical Center, and everyone has their smart phone out. Think that’s rude? Not tonight. These RDs are ready to learn how to take beautiful food photos using their camera phones.

For dietitians, food blogs and social media accounts are avenues to interact with potential clients, offer educational information, and establish credibility in the field. But with 74 percent of all Internet users accessing social networking sites, and an exponentially growing blogosphere—Tumblr alone reports hosting more than 257 million blogs—standing out in social media requires more than simply content.

Food blogging dietitians Janice Newell Bissex and Liz Weiss from mealmakeovermoms.com believe that if you want consumers to use healthy recipes, you have to show your audience how amazing they look. This is especially true for dietitians who use Instagram—a picture-based social networking site—to inspire healthy eating. A single photograph can also draw attention from Facebook, Twitter and Pinterest, attracting new users to your Web site.

An unappetizing photo, on the other hand, can turn people off and create a poor brand image. So before you take that snapshot of the muffins cooling on the counter, consider a few basic lessons in photography.

Angle & Background
Some common composition angles in food photography include top down, from a 45-degree angle, and at eye level. When it comes to using a camera phone, Davis recommends holding the camera directly over the food for a top-down shot. Also pay attention to what’s in the background. Are there dirty kitchen towels or distracting utensils lying around? For a clean look, Davis suggests investing in a white foam board for a backdrop and using minimal props.

Lighting
The only thing you need to control lighting is a window, writes Tony Santo, PhD, RDN. Dr. Santo is a freelance writer, sports nutrition educator and owner of Tony Santo Photography in Las Vegas. He recently covered food photography for Today’s Dietitian, where he points out that a north-facing window is ideal for creating soft light. But if your only option is a window with direct sunlight, you can hang a white bed sheet or a sheer curtain to achieve soft lighting. Also pay attention to light direction: Pointing your camera phone so the light is coming from the side will highlight texture and shape in the food. Backlighting, pointing the phone lens directly into the light, will yield a more washed-out look with less contrast in the background. And if you’re at all tempted to turn on your phone’s flash, “don’t do it,” advises Davis.

Photo Editing Apps & Gadgets
Just because you have access to filters through various photo editing apps, doesn’t mean you should use them. Apps with photo filters, such as VSCO Cam, Instagram, and Camera+, allow you to manipulate the color and contrast of your images, but often they can distort the lighting in a way that’s unappetizing. It’s best to use photo-editing apps to crop, caption or share photos with online social communities, rather than alter the image’s coloring.

For more information, inspiration and examples of how food bloggers and dietitians are using food photography in social media, check out these sites:

- Minimalist Baker: http://minimalistbaker.com/
- Meal Makeover Moms: http://mealmakeovermoms.com/
- Edible Perspective: http://www.edibleperspective.com/
- Pinch of Yum: http://pinchofyum.com/
- Dietitian Debbie: http://www.dietitiandebbie.com/

References:

We are currently soliciting articles for the Spring 2016 issue of the newsletter. Please send relevant articles and photographs to enrich the upcoming newsletter before April 15, 2016 to Rebecca Schmidt at rlschmidt21@gmail.com.

Network SEMDA, Inc.
PO Box 359
Sandy, UT 84070
P: 801-295-2688
F: 801-295-2687
E: info@semda.org
www.semda.org
NATIONAL NUTRITION MONTH GRANT PROPOSAL GUIDELINES

To give visibility to members during National Nutrition Month, SEMDA will award up to five grants of $300 each to members who plan a community “event”. Grant proposals must meet the following criteria to be considered:

1. A SEMDA member must be the applicant for the grant (dues must have already been received and accepted before submission of the grant proposal).
2. A non-profit group is the beneficiary for the event (school, place of worship, community group, etc.)
3. SEMDA is identified at the event as providing the funds.
4. A proposed, detailed budget for the event is submitted with the application. Grant money may be used to purchase educational materials, prizes, food, etc., with any unexpended funds returned to SEMDA.
5. A plan to publicize the event through the local media is included with the application.
6. A summary of the event is completed and forwarded to the SEMDA Board of Directors within 30 days after your event has taken place. The summary should include number of participants, the overall success of the event, photos of the event, and a detailed summary of the actual expenses, including receipts. Please include copies of any flyers or other literature used to advertise your event.

All grant proposals must be completed in full and returned by Monday, February 15, 2016 to Mayssoun Hamade via email at mayhamade@aol.com

Late or incomplete grant applications will not be considered. Notification of grant awards will be made directly to recipients by Thursday, February 18, 2016.

SEMDA SCHOLARSHIP

Scholarships are available to SEMDA members. There are two $500 scholarships available; one undergraduate and one graduate scholarship. Applications will be sent to dietetic program directors, available from the SEMDA website, or you may request an application directly from SEMDA’s Scholarship Chairperson.

A committee will review the applications and winners and awards will be presented at the Margaret L. King lecture in April, 2016.

Deadline to apply is March 2, 2016 to Beatrice Alghali, MBA, RD, CLE SEMDA Scholarship Chairperson 2015-2016 sterraintl@projelepc.com

SEMDA 2016-2017 Board of Directors
Candidate Profiles

Please visit www.semda.org to submit your ballot online. Deadline to vote is March 9, 2016.

Position: President-Elect

Ellen McCloy, RDN

- Employer: Children's Hospital of Michigan
- Education: Madonna University - Bachelor of Science in Dietetics, Central Michigan University - Master of Science in Nutrition and Dietetics, expected graduation May 2016
- Professional Organization Experience: SEMDA current Internal Auditor SEMDA previous Corresponding Secretary
- Mission Statement: As President-Elect, I aim to coordinate educational programs that illustrate the future direction of the profession of dietetics as outlined by the Academy of Nutrition and Dietetics including increasing dietitian involvement in research, upcoming requirements for advanced degrees, and strengthening skills of dietetic preceptors. I aim to make SEMDA more visible among dietitians and the community by increasing our internet and media presence.

Position: Recording Secretary

Mona S. Ottum, MS, RDN, CLT

- Education: BS Dietetics, Registered Dietitian since 2009 MS Human Nutrition 2015
- Professional Organization Experience: Previously SEMDA nominating committee Board member EMU student dietetic association
- Mission Statement: I believe that professional organizations serve their profession in necessary and important ways by solidifying the brand through community outreach and providing CDE opportunities to their members. I also believe that they offer essential opportunities for members to network and share important professional knowledge. I have personally believed in the value of volunteering for such organizations. I think the dietetics profession has a long way to go to be properly branded and adequately compensated for their education and contribution to the health care team and I can only make a difference by participating and taking on leadership roles.

Position: Recording Secretary

Joanne Sycko, MS, MBA, RD

- Employer: Sodexo, Clinical Nutrition Manager, Crittenton Hospital Medical Center, Rochester, Michigan
- Education: B.A., Marygrove College 1971; M.S., Michigan State University 1973; M.B.A. Walsh College 2001
- Professional Organization Experience: SEMDA Positions: Recording Secretary, President-elect/President, Nominating Committee Chair. Gleaners Community Food Bank: Cooking Matters Volunteer Advisory Committee Member
- Mission Statement: 1. Work with the President to provide agendas for the SEMDA board meetings to all board members prior to the meeting. 2. Document board member attendance. 3. Accurately record the minutes of SEMDA board meetings and communicate the minutes to the board members prior to the next board meeting. 4. I also see a need to compile a historical record of board meetings for continuity and I will work on putting together an appropriate electronic record of the past 6 years of board activity to the best of my ability.
Position: Nominating Committee

Monica L. Easterling, MS, RDN

• Employer: Nutrition Manager, New St. Paul Tabernacle Head Start Agency, Inc.; Adjunct Instructor, Madonna University

*Education: BS in Foods and Nutrition from Lincoln University- Missouri; MS in Nutrition with an emphasis in Public Health from University of Tennessee - Knoxville

• Professional Organization Experience:
  Member of American Academy of Nutrition and Dietetics, Michigan Academy of Nutrition and Dietetics, and SEMDA

• Mission Statement: To actively and diligently work with other nominating committee members to not only find qualified candidates to run for positions on the board, but candidates who are dedicated to working to ensure the continued success of SEMDA.

Jennifer M. Farnham, RDN

• Employer: self, Balanced Nutrition LLC and Fresenius Medical Care

• Education: Central Michigan University, B.S. in Dietetics

• Professional Organization Experience:
  Michigan Academy of Nutrition and Dietetics, Reimbursement Representative 2014-present
  Renal Practice Group DPG, Reimbursement Chair 2012-2013; member 2012-present
  Nutrition Entrepreneurs DPG, member 2009-present
  Council on Renal Nutrition of Michigan, member 2006-present
  SEMDA member, 2006-2013, 2015-present

• Mission Statement: To serve SEMDA by inviting new board members that can continue to grow and develop SEMDA’s mission in serving our members and community.

Karen J. Schmitz, Ph.D., R.D.

• Employer: Madonna University, Biological and Health Sciences, Department Chair

• Education: Ph.D. Michigan State University
  M.S. Iowa State University
  B.S. University of Iowa

• Professional Organization Experience:
  Academy of Nutrition and Dietetics
  Academy Positions Committee, Position paper editor 2012-2013
  Michigan Dietetic Association Institute
  Trustee, 2007-2010
  Michigan Dietetic Association
  Secretary-Treasurer-elect 2005-2006, Secretary-Treasurer 2006-2007
  Chair-elect Nominating Committee 1998-99; Chair 1999-2000
  Michigan Dietetic Educators Practice Group
  Chair-Elect 2001-2002; Chair 2002-2004

• Mission Statement: I aim to mentor students to become ethical, professional leaders in the field of nutrition and dietetics. As a member of the SEMDA Nominating Committee, I would look for candidates with professional ethics for SEMDA leadership positions.

Mayssoun Hamade, MS, RD

• Employer: Senior Food & Nutrition Director, St. John Hospital Medical Center

• Education: Master of Science in Food and Nutrition, Wayne State University

• Professional Organization Experience:
  MSPEN: Director of Membership, 2013-15
  SEMDA: Corresponding Secretary, Treasurer, President-elect, President

• Mission Statement: To serve SEMDA by inviting new board members that can continue to grow and develop SEMDA’s mission in serving our members and community.

Sandra McDonald-Hangach, RDN

• Employer: Beaumont Health Hazel Park Outpatient Dialysis

• Education: Detroit Health Department Internship
  Michigan State University BS in Dietetics

• Professional Organization Experience:
  Academy of Nutrition & Dietetics-RPG Scholarship & Awards Chair 2009-2012
  CRN of Michigan: Secretary current; President 2002-2003; Treasurer, Membership chair
  SEMDA: Treasurer 2001-2003
  President-Elect 2003-2004
  President 2004-2005

• Mission Statement: As a member of the nominating committee I will strive to recruit able candidates who are committed to the future of the dietetics profession and willing to serve SEMDA well.