

## MiAND Recordings for Sale

### Latest Additions (3/1/2024)

#### Accessory Nutrition Considerations for Cardiovascular Disease

*Andrea Woolley, MA, RDN*

Original session date: 1/26/2024

Join us for a presentation exploring additional nutrition therapies for cardiovascular disease. Become acquainted with current research related to flavonoids, plant sterols and stanols, soy products, other phytonutrients and their role as nutrition therapies in heart disease. This presentation will go far beyond the Mediterranean or DASH meal plans.

#### About the Presenter

Andrea Woolley started her career at Bronson Battle Creek Hospital as an inpatient dietitian while also working in the Heart Failure Clinic within the hospital. Andrea now works at Bronson Methodist Hospital and Bronson Cardiac Rehabilitation as a clinical outpatient dietitian.

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#### Nutrition and Inflammation

*Mark Thiesmeyer-Hook, MPH, MS, RD, ACE-CPT*

Original session date: 1/19/2024

Inflammation touches so many chronic diseases such as diabetes, cardiovascular disease, and various forms of cancer. Learn the complex anatomical systems that contribute to inflammation specific to diet, exercise and lifestyle. Mark will demystify the complex topic of inflammation and teach actionable strategies for reversing it both in yourselves and your patients.

#### About the Presenter

Mark Thiesmeyer-Hook, MPH, MS, RD, ACE-CPT is currently serving as the 23-24 MiAND President. While earning his master's degrees in public health nutrition and exercise science, Mark started Better Living Fitness. Better Living helps its clients achieve better health and vitality through effective nutrition and exercise strategies. Over 24 years, Mark and his team have helped thousands of clients be stronger, healthier and more capable. In addition to being a registered dietitian nutritionist, Mark is also an exercise physiologist. He enjoys cooking, running and singing and lives with his husband, Matt, and dog, Doug, in Ann Arbor

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### Alphabetical Listing

#### A Look Inside the Medicine Cabinet: Medications and treatment Algorithms for Type 2 Diabetes

*Bethany Muma, PharmD, BCACP*

Original session date: 5/12/2022

Attendees will be provided with an overview of the pathophysiology of type 2 diabetes and how each class of medication works to treat this disease process. The application of guideline-based treatment algorithms in clinical practice, as well as the evolving role of diabetes medications in other disease states, will also be discussed.

#### About the Presenter

Dr. Muma completed her pharmacy degree at Butler University and her residency training at Mission Hospital in Asheville, NC. She is a Board-Certified Ambulatory Care Pharmacist and currently works for Bronson Healthcare Group in Kalamazoo.

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## **A Practitioner's Guide to Small Intestinal Bacterial Overgrowth (SIBO)**

*Alicia Galvin, MEd, RD, LD, IFNCP*

Original session date: 11/11/2022

While not a new condition, Small Intestinal Bacterial Overgrowth (or SIBO) is rapidly gaining attention within the medical and dietetic community, and most practitioners will encounter this condition in their patient populations. Despite this, research is still emerging. During this presentation, we will discuss the most up-to-date information regarding the impact of SIBO within an individual, how to intervene nutritionally, and provide clinical pearls to help clinicians feel more confident in working with this condition.

Alicia Galvin MEd, RD, LD has practiced in the Dallas/Fort Worth area since 2010 with an emphasis on GI health, therapeutic diets, wellness, and autoimmunity. She has always had a fascination with the way food and nutrition influence health and currently practices as an integrative and functional dietitian who helps patients develop customized solutions that empower them to take control of their health challenges.

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## **A Renewed Look at Global Food Culture Changing Priorities, Food Values and Trends**

*Janet Helm, MS, RDN*

Original session date: 5/13/2021

The global pandemic, wildfires, hurricanes, and social unrest have all had a profound impact on global food culture – changing the marketplace and influencing what consumers care about. The current landscape has also triggered a deeper examination of multiple issues – from global supply chains and food safety to the plight of farmers and the inequities in food access and healthcare. Learn more about global food culture and the implications for RDNs.

### **About the Presenter**

Janet is a Registered Dietitian and culinary professional who provides strategic counsel to a variety of food and beverage clients, including food and agricultural organizations and some of the world's best-loved food brands. In her 25 years with Weber Shandwick, Janet has worked alongside the U.S. Department of Agriculture on multiple federal marketing orders and has extensive knowledge of nutrition and food policy. She is a cookbook author and long-time nutrition blogger who has been a leader in the intersection of food, nutrition, and social media. Janet is experienced at leveraging scientific research, changing entrenched attitudes, and engaging food and nutrition influencers.

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## **Beyond Cultural Competence: How Diversity Can Improve Your Practice and Strengthen Your Teams**

*Tamara Melton, MS, RDN, LD*

Original session date: 10/21/2022

Research has shown that diversity in all forms improves outcomes, increases patient and client satisfaction and strengthens teams. Attendees will learn how they can provide higher quality care by incorporating practical culturally sensitive strategies in their practice, no matter their specialty area. The speaker will also discuss approaches to growing and nurturing diverse, collaborative teams.

### **About the Presenter**

Tamara is the co-founder and Executive Director of Diversify Dietetics, a 501(c)3 nonprofit organization with a mission to increase the racial and ethnic diversity in the field of nutrition by empowering nutrition leaders of tomorrow. At Diversify Dietetics, Tamara leads a team of diverse and dedicated nutrition professionals and students who provide resources such as mentorship programs, application preparation, academic course remediation, scholarships and more to BIPOC dietetics students, interns and young professionals. Tamara also leads the development and delivery of training for dietetics educators and preceptors. These trainings teach strategies and skills needed to support diverse students in dietetics programs.

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## Brain-Gut Axis – How it Impacts Digestive Health

*Megan E. Riehl, PsyD, MA*

Original session date: 5/13/2021

Do you ever wonder what your brain is trying to tell your stomach? Discover how this communication can impact your digestive health and mental health. Dr. Riehl will inform how to necessitate the referral to mental health specialists in the treatment of digestive issues. She will present the role psychogastroenterology plays in behavioral health treatments for patients with disorders of the gut-brain and anxiety-related disorders.

### **About the Presenter**

Dr. Riehl is a GI psychologist and Assistant Professor of Medicine who specializes in psychogastroenterology and anxiety-related disorders. She is the Clinical Director of the GI Behavioral Health Program at the University of Michigan. At Michigan Medicine, Dr. Riehl has a robust clinical practice, conducts research in the area of psychogastroenterology, and offers a state-of-the-art GI psychology training program in the form of a formal post-doctoral fellowship or brief trainings for mental health providers. She is the Director of Behavioral Health Services and Support for Gastro Girl, INC and GI OnDemand. Dr. Riehl participates in several national committees dedicated to research and education to enhance the psychosocial functioning of patients with gastrointestinal problems.

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## Creating Compelling Content

*Sally Kuzemchak, MS, RD*

Original session date: 5/13/2021

If you create content for articles, a blog, or social media, Sally can help you! She will explain different ways to start a blog post, article, and social media post, and how to tailor your content to your target audience. You will gain new skills to capture your readers, utilizing strong writing and storytelling concepts.

### **About the Presenter**

Sally Kuzemchak blogs at RealMomNutrition.com and is a published author. Sally is a Registered Dietitian and author. She blogs at RealMomNutrition.com, a “no-judgments zone” all about feeding families. An award-winning reporter and writer, Sally has been published in nearly 20 magazines including Prevention, Health, Family Circle, Eating Well, Fitness, Ladies’ Home Journal, Good Housekeeping, Parenting, and Shape. She’s a Contributing Editor to Parents magazine and a Contributor to WebMD and the author of two books.

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## “Diabulemia” – How to Identify, Intervene, and Refer

*Emily Welles, MS, RD, CDE*

Original session date: 10/6/2023

Emily will discuss the co-occurring disease “Diabulimia.” This is a dangerous combination of diabetes and disordered eating behaviors. She will provide practical tools for the identification of diabulimia, interventions, and tips for referring to an expert.

### **About the Presenter**

Emily has been working with patients struggling with mental health disorders and eating disorders for 9 years. In addition, she worked at the Spectrum Health outpatient adult diabetes clinic for 5 years. Emily specializes in eating disorders, disordered eating, and co-occurring diabetes including diabulimia. Currently, she is working at Grand Valley State University as a faculty member and supervised practice coordinator. She also owns her own virtual eating disorder practice, Emily Welles Nutrition LLC.

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## **Dietitian and Client Base Mismatch: Are There Ethical Implications?**

*Karen Kelly-Blake, PhD*

Original session date: 5/13/2021

In this information age, the ways patients gather information about their health and how they process this information to make decisions is of utmost importance. Dr. Kelly-Blake will explain the value and ethical aspects of shared decision-making to enhance nutrition adherence goals, help practitioners understand the constraints of the dietitian and client dyad mismatch, and address this mismatch with the goal of advancing professional practice.

### **About the Presenter**

Dr. Kelly-Blake is a Medical Anthropologist and Associate Professor in the Center for Ethics and Humanities in the Life Sciences and the Department of Medicine in the College of Human Medicine at Michigan State University. Her current research interests include shared medical decision-making, decision aid development and implementation, clinician communication skills training, and more recently, medical workforce policy and development. Her publications examine the utility of shared decision-making in colorectal cancer screening, the sustainability of mHealth tools, i.e. texting, to improve medication adherence for patients with diabetes and heart disease in FQHCs, and the problematizing of expectations for the underrepresented in medicine to serve the underserved.

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## **Eating Disorders and Disordered Eating – Are Standard Nutrition Messages Reinforcing Disordered Thinking?**

*Laurie Fortlage, MS, RD*

Original session date: 5/14/2021

Disordered eating behaviors can have a lasting impact on the health and well-being of an individual and yet are promoted and normalized by our weight loss-focused culture. How can dietitians identify clients engaged in disordered thinking and behaviors that are disguised as “healthy” eating? Laurie will illustrate how standard nutrition messages may reinforce distorted and unhealthy practices and identify alternative techniques, strategies, and messages to stop these damaging behaviors.

### **About the Presenter**

Laurie is the Dietitian for the Michigan Medicine Comprehensive Eating Disorders Program. She has specialized in the area of eating disorders for 30 years in a variety of clinical settings and finds it an honor and a privilege to help clients and families find peace by nourishing their bodies and re-engaging in a meaningful life.

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## **Emergency Preparedness Like Never Before/Lessons Learned in Case There is a Next Time**

*Michele Nikolai, MS, RDN, Sarah Mills, MPH, RD, Amy Larkin RD, CNSC*

Original session date: 10/2/2020

During the early days of the Pandemic, most of our working worlds were turned upside down. Three of our colleagues will share with you their experiences, what they learned and how to be prepared for the future. **Michele Nikolai, MS, RDN** will present issues and strategies related to purchasing, staffing, and serving patients in an inpatient setting and retail food service. **Sarah Mills, MPH, RD** will describe the increased need for emergency food assistance that emerged during the COVID-19 pandemic. Sarah will provide updates on programming that is being implemented to address food insecurity and the longer-term impacts of the pandemic crisis. **Amy Larkin RD, CNSC**, will highlight the impact of COVID-19 in the clinical setting describing nutrition-related challenges in critically ill COVID-19 patients. Amy will present recommended changes to clinical nutrition therapy to be implemented with future COVID-19 patients.

### **About the Presenters**

Michele Nikolai, MS, RDN recently started a new position as an Academic Specialist at Michigan State University, teaching in the dietetics program. Prior to that, she was the clinical nutrition manager at Sparrow Hospital in Lansing MI.

Michele brings extensive clinical, culinary and food service experience to her new role and is happy to be working with this next generation of nutrition professionals during these times of rapid change.

Sarah Mills, MPH, RD is the Director of Wellness and Nutrition Education at Gleaners Community Food Bank since October 2017. Sarah lead the development, implementation, and evaluation of health care collaboration projects addressing food insecurity for low income patient populations. Sarah continues to provide her expertise to health professionals in the area of food security as a social determinant of health.

Amy Larkin, RD, CNSC started her career in clinical nutrition at Beaumont Health in December 2013 and is currently the designated dietitian for the Medical ICU and Intermediate ICU, managing Nutrition Support patients including Enteral and Parenteral nutrition support therapy. At Beaumont Health, Amy has designed training manuals for critical care nutrition, enteral nutrition and parenteral nutrition for dietetic interns and new employees.

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### **Emerging Clinical Practice for Advanced-Level RDNs**

*Libby MacQuillan, PhD, RDN, CHSE; Jennifer Ford, MA, RDN; Randalynn Hajek, MPH, RDN; Takara Page, MS, RDN, CNSC*

Original session date: 5/13/2022

This presentation will provide training in advanced-level clinical skills included in the 2022 ACEND standards for dietetics programs, such as blood pressure measurement and nasogastric tube insertion. In addition, abdominal exam for bowel sounds and body composition assessment using imaging will be taught and demonstrated.

#### **About the Presenters**

Dr. MacQuillan is currently the Program Director of the Applied Food and Nutrition DPD program at Grand Valley State University (GVSU). Jennifer Ford is an Assistant Professor and Program Director of GVSU's Clinical Dietetics Coordinated Graduate Program. Randalynn Hajek is a faculty member at GVSU for the Clinical Dietetics and Applied Food and Nutrition programs. Takara Page is a Professor at GVSU.

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### **Food for the Brain: Latest Link Between Nutrition and Brain Health**

*Jenny Overly, MS, RD*

Original session date: 10/27/2023

Released in 2015, the MIND diet was one of the first comprehensive, nutrition-related strategies to improve overall brain health along with findings of decreased risk of dementia. Where are we 7+ years later? With dementia still on the rise for an aging population, how does nutrition continue to impact overall brain health? The latest research around the brain health–nutrition connection will be reviewed along with current studies assessing the impact of the MIND and Mediterranean diet approaches, as well as specific recommendations for improving brain health and the impact on dementia.

#### **About the Presenter**

As Senior Director of Nutrition and Wellness for CCL Hospitality group, Jenny has assisted with program development and implementation. One of her most significant accomplishments was assisting with and overseeing the development of the company's signature memory care program specific to nutrition and dining initiatives.

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### **Food Insecurity in Michigan: Challenges and Opportunities**

*Dawn Opel, JD, PhD*

Original session date: 11/17/2023

Dr. Opel will review the most recent food insecurity data sources, for the U.S. and Michigan specifically, and describe the causes and conditions that lead to food insecurity. She then discusses the complex issue of food and nutrition insecurity

as a social determinant of health. Finally, the presentation will offer best practices in food access, food-is-medicine, and chronic disease self-management interventions in the clinical setting, and potential partnership opportunities across healthcare, social services, and community-based organizations.

#### **About the Presenter**

Dr. Opel is Chief Innovation Officer and General Counsel of the Food Bank Council of Michigan. A lawyer and researcher, her career has included positions in academic, nonprofit, and government sectors, and broadly, she works to build strategic partnerships for social innovation. Dr. Opel's particular focus is addressing food insecurity as a social determinant of health; particularly, developing capacity in Michigan for food-as-medicine interventions in the clinical setting. She is currently involved in the implementation and sustainability of fresh food pharmacies for chronic disease self-management in federally qualified health centers (FQHCs).

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#### **Gentle Nutrition – Flexible Eating Guidelines for Disordered Eating Clients**

*Patrizia Jesue, RD*

Original session date: 1/15/2021

Covid19 has hit people in so many ways. Some individuals are able to manage their eating habits and others are not. Disordered eating clients encompass individuals who do not meet the full criteria for an eating disorder but approach their food, exercise, and body image in a dysfunctional manner that inhibits their ability to make normative food decisions. Because these clients can show up in all settings, anyone can benefit from the content of this presentation. Gentle nutrition is the practice of adjusting your food and exercise goals to support self-care versus sticking with rigid food rules that support self-control. Helping the disordered eating population with concepts of gentle nutrition will assist them in navigating their way through the transitions of COVID-19. This session is for you if you have counseled similar clients and are looking for treatment options to guide your clients onto a long-term health path in life.

#### **About the Presenter**

Patrizia is Co-Founder and Director of Operations and Nutrition at CEDARS (Center for Eating Disorder Assessment, Recovery and Support) and President of Nutrition Counseling Center, LLC. Both establishments are centered on providing counseling for eating disorders, non-diet-based weight management and the intuitive eating approach. With over 18 years of experience in the field of eating disorders, Patrizia is a recognized expert. She obtained her undergraduate degree at Madonna University and has completed extensive post-graduate work and training in psychology and eating disorder management. She has spoken both locally and nationally and has been a pioneer in developing and establishing nutrition-based support groups in her area. As she saw a need for more group services in Michigan, she established CEDARS in 2017. Patrizia's passion is believing in, teaching, and personally embracing a non-diet approach and to empower her clients through this method to overcome food struggles, returning them to normalized eating.

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#### **Health Equity: The Impact of Social Determinants of Health and Access to Care**

*Wanda D. Lipscomb, PhD*

Original session date: 5/13/2022

Dr. Lipscomb will provide an overview of health equity as it relates to social determinants of health and access to care for various populations. Understanding the social and economic background of patients is critical in delivering culturally competent care. Additionally, the importance of these factors for healthcare professionals will be addressed.

#### **About the Presenter**

Dr. Lipscomb is the Senior Associate Dean for Diversity and Inclusion and the Associate Dean for Student Affairs at the Michigan State University College of Human Medicine. She is a tenured Associate Professor of Psychiatry and has served

in several administrative roles at the college including Assistant Dean for Student Affairs, Associate Chairperson of the Department of Psychiatry, and Director of Admissions.

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### **How Will Climate Change Affect Agriculture Yields, Food Security, and Human Nutrition?**

*David Karowe, PhD*

Original session date: 5/14/2021

Professor Karowe will discuss how future changes in temperature, rainfall, and carbon dioxide levels will impact the quantity and quality of agricultural yields, affecting food security and human nutrition. Two possible climate futures will be compared: Business as Usual vs. the Paris Agreement. Personal actions that can help reduce adverse impacts of climate change will also be reviewed.

#### **About the Presenter**

Dr. Karowe is a Professor of Biological Sciences at Western Michigan University. He received his B.S. in Biology from Harvard University and his Ph.D. in Ecology and Evolutionary Biology from the University of Michigan. He teaches courses about the causes and consequences of climate change, conducts research on the effects of rising atmospheric CO<sub>2</sub> on plants and higher levels in the food chain, and directs national undergraduate and graduate training programs in climate change research. Over the course of his career, he has received numerous grants from the National Science Foundation, U.S. Department of Agriculture, and Department of Defense in support of climate change research and training activities. He has also published many scientific papers, given over 150 public climate change talks, and received several teaching awards.

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### **International Dysphagia Diet Standardization Initiative: Menu/Recipe Development and Quality Improvement**

*Kristen Firby, RDN*

Original session date: 5/13/2022

If you work with patients following a dysphagia diet, this IDDSI presentation is a must to keep you up to date with all the latest recommended practices! Discover the role that a compliancy dietitian or subject matter expert can have in the recipe development and evaluation process for IDDSI. Additionally, Kristen will discuss menu planning for IDDSI with a focus on evaluating what you have, identifying potential gaps, and restructuring the menu.

#### **About the Presenter**

Kristen Firby is a Clinical Dietitian for Michigan Medicine and a member of the clinical practice Group and Food Service Systems Enhancement Committee. She is a graduate of Western Michigan University and completed her internship at the University of Michigan.

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### **Introduction to the Pelvic Floor Patient Population**

*W. Saige Richardson, PT, CLT-LANA*

Original session date: 5/13/2022

An introduction to pelvic floor physical therapy, with focus on GI and fecal dysfunctions, will be provided. Learn how altered muscle tone and what a person eats can lead to bowel dysfunctions. Discover screening criteria for PT referral and how PT treatment complements dietary treatment of GI disorders.

#### **About the Presenter**

W. Saige Richardson has been in the physical therapy profession for over 30 years and is the Clinic Director for Team Rehabilitation in Lansing. Since 2008, she has specialized in the treatment of patients with pelvic floor dysfunction(s).

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## **Life On Purpose: Yoga and Mindfulness as Survival Tools**

**Belinda Thurston, E-RYT 200**

Original session date: 5/14/2021

Start your morning right with meditation and yoga! Learn how these techniques can help you through times of uncertainty. Belinda will guide you toward a path of compassionate communication with yourself and others and provide suggestions on how to create a self-care support system so that you have the energy to care for others.

### **About the Presenter**

Belinda Thurston, she/her/they, is an AfroAsian writer/speaker/presenter on mindfulness, trauma healing, and social justice. She is passionate about the role yoga can have in the social justice movement and toward healing generational wounds. She created Michigan's only full-time donation-based yoga community outreach, Just B Yoga, in 2010. She focuses her work with marginalized communities through public service agencies and nonprofits, as well as programs through the studio. Belinda is trained in tai chi, meditation, yoga, special needs, trauma-informed yoga, 12-step yoga, restorative justice. She has spent the last 20 years practicing and sharing her skills and finding ways to pull them all together to serve the community.

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## **Mast Cell Disease and MNT: An introduction to treatment considerations for a very complex condition**

**Bonnie Nasar, RDN**

Original session date: 10/14/2022

Understanding the complexities of offering nutrition therapy to Mast Cell Disease patients is important. Disease comorbidities play an important role in determining the best plan of action for individuals. Identifying each patient's triggers is key. While there is no way to ascertain food intolerances via testing, we can use the tools available to help manage symptoms and support these patients with nutrition.

### **About the Presenter**

Bonnie Nasar is a registered dietitian with a private practice in New Jersey. She graduated Magna Cum Laude from New York University with a Bachelor of Science in Nutrition and Food Studies and completed her Dietetic Internship through CUNY-Hunter in New York City. For over twenty years, Bonnie has been a registered dietitian-nutritionist working with every age group from babies to the elderly. After many years of navigating Mast Cell Disease with two of her four children, Bonnie decided to narrow down her nutrition practice and specialize in Mast Cell Disease, Ehlers Danlos Syndrome, Gastroparesis, and Postural Orthostatic Tachycardia Syndrome (POTS). She is a volunteer with The Mast Cell Disease Society, and a committee member of the Diet and Nutrition Working Group for The Ehlers Danlos Society International Consortium for EDS and Related Conditions.

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## **Mediterranean Made Easy and Food Demo**

**Sarah A. Smith, MS, RDN**

Original session date: 5/13/2022

The Mediterranean diet has long been shown to benefit one's health as a result of its plant-based eating pattern. Sarah will provide an explanation of the eating plan, discuss the conditions that can be improved by following this diet, and elaborate on specific foods that can be included within this lifestyle. Enjoy an interactive cooking demonstration in which these unique foods and flavors are brought to life and increase your knowledge when advising your clients on this particular dietary pattern.

### **About the Presenter**

Sarah Smith is an Outpatient Dietitian at Sparrow Hospital in Lansing and Clinical Dietitian for Sparrow Homecare. She counsels outpatients regarding their nutritional needs, teaches classes in the Demonstration Kitchen, and classes in the

cardiac and pulmonary rehab programs. Sarah is also becoming a regular on a local news station in the Lansing area with her segment titled "Healthy Habits" which airs monthly.

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### **Michigan Made Meals**

*Jenn Fillenworth, MS, RDN*

Original session date: 5/14/2021

Now, more than ever, consumers are interested in creating healthy meals at home using local ingredients. Join us for an exciting virtual cook-along with Chef/Dietitian Jenn Fillenworth, as she leads participants through a nutritious recipe featuring locally grown and sustainable products. Jenn will share tips for helping your clients overcome common cooking barriers to provide healthy benefits to both their families and Michigan farms.

#### **About the Presenter**

Jenn is the Executive Chef and Registered Dietitian with Root Functional Medicine located in Grand Rapids, Michigan. She specializes in creating food as medicine by utilizing local Michigan ingredients with global flavor profiles.

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### **Nutrition and Diabetes Prevention: What Current Evidence Says**

*Rachael McCellan, MPH, MS, RDN*

Original session date: 11/3/2023

Join us for a review of the evidence and current best nutrition practices and strategies for diabetes prevention, and well-supported behavioral coaching strategies to help meet your patients/clients at risk for diabetes where they are at in their health journey and be successful.

#### **About the Presenter**

Rachael has 10+ years of experience as a dietitian, a certified personal fitness trainer, and an exercise physiologist. After working in various settings as a dietitian and fitness professional, Rachael branched out and began her private practice Personal Health Management LLC in 2022 with an overall mission of assisting clients in taking charge of their health one meal and workout at a time. She is particularly passionate about supporting parents and their families, individuals living with the challenges of diabetes and heart disease, and those who wish to improve their overall health by working on their eating and exercise habits.

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### **Nutrition in Substance Use Recovery**

*Julia Cassidy MS, RD, CEDRD-S*

Original session date: 1/20/2023

Nutrition therapy for substance abuse is complex as the nutritional risks vary depending on the substance of choice. Proper nutrition and hydration are key to the substance abuse healing process because they help restore physical and mental health and improve the chance of recovery. It's vital to correct any nutritional deficiencies and address any medical conditions, as continued malnutrition and instability increase disease risk and will produce cravings for drugs and alcohol.

#### **About the Presenter**

Julia is an experienced RD who has worked in the Behavioral Health field for almost 20 years. Julia is a Certified Eating Disorder Specialist Supervisor and a Licensed Body Positive facilitator. Julia is the current Past Chair for BHN. (Behavioral Health Nutrition, Didactic Practice Group through the Academy of Nutrition and Dietetics).

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## **Nutrition in Tribal Communities: The Role of the RD**

*Charla Gordon, MA, RD, CDCES, CHWC, CHES*

Original session date: 5/13/2022

Charla has enjoyed the opportunity to work with Tribal communities throughout Michigan for over 30 years. She invites you to join her for a discussion regarding health promotion and disease prevention programming and opportunities for RDs to work with Indigenous peoples in Michigan.

### **About the Presenter**

Charla Gordon received her bachelor's degree from Michigan State University and her master's degree from Central Michigan University. She is owner of Charla J Gordon RD Services.

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## **Plant-Based Eating Among the Pediatric Population**

*Anja Grommons, MA, RDN*

Original session date: 5/14/2021

Plant-based eating patterns are on the rise! While it is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian diets are suitable for the pediatric population, registered dietitian nutritionists are integral in the implementation of nutritionally adequate plant-based diets. This presentation will review the components of balanced plant-based diets including specific nutrients/food groups of concern and dietary supplement recommendations based on current research.

### **About the Presenter**

Anja Grommons completed her bachelor's degree, dietetic internship, and graduate studies from Western Michigan University, where she now works as an instructor within the dietetics program. She also works as a clinical dietitian at Bronson Methodist Hospital in the Pediatric Subspecialty Clinic

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## **Plant-Based Nutrition for Diabetes**

*Meghan Jardine, MS, MBA, RDN, LD, DCES*

Original session date: 5/14/2021

The interest in plant-based eating patterns has increased dramatically due to the accumulating evidence demonstrating its effectiveness in preventing and treating diabetes and other chronic diseases. Meghan will review the research documenting improvements in body weight, glycemic control, and lipids for individuals with diabetes undergoing a plant-based dietary intervention. The effects and key mechanisms of insulin resistance and inflammation on multiple body systems including beta cell function will be presented.

### **About the Presenter**

Meghan Jardine is the associate director of diabetes nutrition education for the Physicians Committee for Responsible Medicine. Meghan is a registered dietitian and certified diabetes care and education specialist. She specializes in plant-based nutrition for diabetes. Mrs. Jardine works PRN as a clinical dietitian providing medical nutrition therapy for Parkland Health & Hospital System in Dallas, Texas. She is the editor of the Educator's Corner for Practical Diabetology and serves on the editorial board of Diabetes Spectrum. Meghan enjoys cooking at the local soup kitchen and is currently transitioning to a new career as an apple farmer in Maine. This presentation is sponsored by the Physicians Committee for Responsible Medicine.

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## Recognizing Burnout and Mapping Your Stress Response

*Lisa Laughman, LMSW, ACSW*

Original session date: 5/12/2022

We continue to be impacted by a global pandemic, political divisiveness, a growing number of climate emergencies, systemic racism, and other forms of oppression, while also navigating our day-to-day work and professional lives. Many of us are experiencing intermittent burnout and the effects of chronic stress. This session is designed to help participants recognize when they are experiencing burnout and become skilled at metabolizing their stress through practical grounding skills and daily practices to help reduce the strain on their body, mind, and spirit.

### **About the Presenter**

Lisa Laughman is a licensed clinical social worker who received a bachelor's degree in social work from Eastern Michigan University and her master's degree in social work from Michigan State University. She currently serves as an employee assistance counselor and emotional wellness consultant at Michigan State University.

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## Restoring Eden in our Communities with Edible Forests

*Naim Edwards, MS*

Original session date: 5/12/2022

Contrary to what some may believe, “food deserts” do not exist. In Michigan and across the world, food can be cultivated almost anywhere, but our environment was designed to be devoid of edible plants. In this presentation, Naim will highlight the wonders of edible landscapes, as a means to build healthy, beautiful, and resilient communities.

### **About the Presenter**

Naim Edwards is a Morehouse Man and earned his Master of Science degree at the University of Michigan. He works for Michigan State University Extension developing one of the first urban agriculture centers in the country

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## Self-Compassion in Action

*Leslie Auld, LMSW, ACSW*

Original session date: 11/4/2022

We frequently hear about mental health in the news and social and professional circles, but mental health is rarely well-defined. Understanding what healthy emotional functioning is, what causes mental health problems, and what to do about them starts and ends with self-compassion. A focus on self-compassion addresses the most important relationship you will ever have in life- the relationship you have with yourself. Begin today taking actions toward your healthy emotional functioning, putting self-compassion into action.

### **About the Presenter**

Leslie is a psychotherapist practicing in East Lansing, Michigan with 33 years of experience in the mental health field and 22 years as a psychotherapist in private practice. During her years of practice, Leslie has engaged in intensive training to gain a deeper understanding of healthy human functioning and how to address the problems we inevitably face in life to maintain good mental health. Leslie is committed to making an understanding of healthy functioning and how to achieve it widely available such that we all live in a healthier world where problems are manageable, and relationships are healthy and supportive.

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## Short Gut Syndrome: Causes, Complications, and Treatment

*Syed-Mohammed Jafri, MD*

Original session date: 5/14/2021

If you are a clinical dietitian working in the area of nutrition support, this is a great opportunity to increase your knowledge of parenteral nutrition management needed to minimize complications in intestinal failure. Gain a better understanding of the medical optimization to prevent the need for surgical intervention. Moreover, medications used in the management of intestinal failure will be reviewed.

### **About the Presenter**

Syed-Mohammed Jafri, M.D. is a Gastroenterologist and Transplant Hepatologist at Henry Ford Hospital in Detroit. He was born in Niagara Falls, NY and raised in Detroit, Michigan. His education includes Residency in Internal Medicine at The Mayo Clinic in Rochester, Gastroenterology Fellowship at the University of Texas and Transplant Fellowship at the University of Michigan. He has been at Henry Ford Hospital for nine years with roles during that time including Associate Professor of Medicine, member of the Institutional Review Board for research, Fellowship Director for Gastroenterology and Transplant Hepatology, Medical Director for Intestine and Multivisceral Transplantation, and part of the medical student mentorship program. His research includes hepatology, transplant, and intestinal rehabilitation.

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## The Food Ripple Effect

*Clancy Harrison, MS, RDN, FAND*

Original session date: 5/13/2022

As dietitians, we educate people about eating healthy foods. How many of us ask if our clients have access to or funds to buy healthy foods? This should be the starting point for nutrition education. Learn how to revamp nutrition messaging and build strategic partnerships to help improve the health outcomes of your clients who may face food insecurity.

### **About the Presenter**

Clancy Harrison is a contributor to the United Nation's Corporate Guidebook for Sustainable Development Goal 2, Zero Hunger, and the President of the West Side Food Pantry. As a Registered Dietitian, TEDx speaker, international speaker, and author, Clancy Harrison challenges the way food insecurity is approached in the US. Her mission to demolish the stigma around healthy food access places her on the cutting edge of advocacy. Clancy is the founder of the Food Dignity® Project, a strategic program for leaders who want to shift how they approach nutrition outreach by making healthy food access a priority. She transforms the lives of thousands of people through her work with corporations, non-profit organizations, and universities. Currently, Clancy is an advisory board member for the Pennsylvania American Academy of Pediatrics Food Insecurity EPIC program, Ambassador of the National Dairy Council, and the President of the Al Beech West Side Food Pantry. Since the onset of COVID-19 Clancy has distributed over 2 million meals in her community to improve access to healthy food through effective collaborations. You can tune in weekly with Clancy at The Food Dignity® Podcast.

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## The Uneven Landscape of Food Access and Diet: Exacerbations in Detroit During the COVID-19 Pandemic

*Amber Pearson, PhD*

Original session date: 5/12/2022

Where we live, play, and work affects our health. Health geography provides a framework and tools for assessing relationships between neighborhoods and health. In fact, a number of studies have shown that access to healthy food options is unequal across race/ethnic and wealth groups, and this access affects eating behaviors and obesity. What is less known is how these inequalities may have been exacerbated during COVID-19. This presentation provides some initial evidence of the extent and nature of changes to diet during COVID-19 in low-income neighborhoods in Detroit, Michigan.

### **About the Presenter**

Dr. Pearson is an Associate Professor in the Department of Geography at Michigan State University. Her research relates to aspects of the built, physical, and social environment that bolster health in the face of adversity.

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### **Time-Restricted Feeding: Opportunities for Improving Insulin Sensitivity and Student Research Posters**

**Molly Carter Mulcahy, MS, RD and Libby MacQuillan, PhD, RDN, CHSE**

Original session date: 1/29/2021

Intermittent fasting is growing in popularity and has developed into an active area for nutrition and health research, but what evidence exists for this way of eating? This presentation will introduce the time-restricted feeding (TRF) modality of intermittent fasting and describe the current evidence for the use of TRF on metabolic health in human and animal models. Finally, preliminary research on TRF in the context of pregnancy to lessen insulin resistance will be shared. Dietitians, interns, and students interested in learning the scientific evidence for time-restricted feeding, insulin resistance, and maternal and child health in clinical practice or research can benefit from this presentation. Following Molly's presentation, learn the latest research in nutrition and dietetics from researchers and students across Michigan in this fast-paced speed meeting virtual presentation.

### **About the Presenter**

Molly is a registered dietitian and Ph.D. candidate in Molecular and Biochemical Nutrition at the University of Michigan School of Public Health (UMSPH). She earned her Bachelor of Science and verification statement at Texas State University in Nutrition and foods, minoring in Chemistry. She earned a Master of Science at UMSPH in nutritional sciences, emphasizing nutritional epidemiology where she also completed her dietetic internship. Her research involves maternal and child nutrition, fertility, the practice of fasting, insulin resistance, and metabolic health.

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### **What Dietetics Professionals Need to Know to Practice Telenutrition in Michigan**

**Libby MacQuillan, PhD, RDN, CHSE**

Original session date: 11/13/2022

With the global pandemic, many healthcare providers are brainstorming creative ways to translate their practice out of a face-to-face format. This timely presentation will provide dietitians with the components to include for successful telenutrition practice, along with a discussion of ethical and legal considerations unique to the telehealth format.

### **About the Presenter**

Dr. MacQuillan earned her doctoral degree in Interdisciplinary Health Sciences from Western Michigan University (WMU) in 2017. Her dissertation is titled Birth Record Analysis of Gestational Diabetes: Applications for Intervention Planning. She is the first Registered Dietitian in the U.S. to earn the Certified Healthcare Simulation Educator credential from the Society for Simulation in Healthcare. She has worked clinically as both a registered dietitian and a lactation consultant. For the past three years, she has served as an Assistant Professor in the Coordinated Graduate Program in Clinical Dietetics at Grand Valley State University.

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### **Why You Need to Dig Your Heels in When Things are Changing**

**Casey J. Coker, MA, MS, LMFT, LPC**

Original session date: 10/9/2020

In life the one constant is change. Managing our emotions and expectations in the face of constant and consistent change is challenging. We are in the midst of a worldwide pandemic, cultural unrest, and a financial crisis. For most of us, many aspects of our lives have changed significantly and we are not sure what the future will look like. In this talk,

we will discuss the significant impact of these changes, and how these changes have impacted individuals, families, and organizations. Most importantly, we will tap into the incredible well of resilience that we can all use to better manage this historic time in our lives.

**About the Presenter**

Casey is employed as a Psychotherapist/Clinical Behavioral Health Trainer for Bronson in the department of Community Health, Equity and Inclusion. Casey has a Bachelor of Science degree in Psychology from Ferris State University and a Master of Arts degree in Counselor Education and Counseling Psychology from Western Michigan University. She also completed a Master of Science Degree from Purdue University in Human Development and Family Studies. Casey has a number of publications in peer-reviewed journals and has presented at local, state and national professional conferences.