Michigan Academy of Nutrition and Dietetics
2019 Annual Conference
May 9 and 10
Wyndham Garden Hotel and Conference Center
Sterling Heights, MI

Celebrating 90 Years of Nutrition and Dietetics
Register and attend both days of the 2019 Michigan Academy Annual Conference to have your name entered into a drawing for a free registration for the 2020 Michigan Academy Annual Conference! One winner’s name will be drawn on Thursday, May 9 at the end of the Poster Session winner’s announcement. The second name will be drawn on Friday, May 10 at the conclusion of the conference. You must be present to win!

PLUS Complimentary Academy Membership Renewal!
Two Academy membership renewals for 2019 – 2020 will be awarded at the 2019 Annual Conference. The approximate value is $240 per membership. You must be present to win!

50 YEAR MEMBERS
Congratulations!

The Michigan Academy is pleased to acknowledge the following 50 year members:
Marion K. Benedict, RD
Glenda M. Bjornson, MBA
Leonilda McDonagh, RDN
Josephine F. Mondro, RD
Susan F. Sanders, RD
Helen A. Siudara, MEd
Robert B. Zemke, Jr., MBA
Ludie P. Weddle, RD
DAY ONE: Thursday May 9, 2019

7:30 am – 8:30 am
Registration and Breakfast

8:15 am – 8:30 am
Introductions

8:30 am – 9:30 am Keynote Address
The Michigan Academy - 90 Years of Leadership, Innovation, and Commitment
Speakers: Sandra Parker, RDN, CDE, FAND, Cynthia Rutkowski, MA, RDN, FAND, and Sarah Clark, MS, RDN, CDE
Walk in the footsteps of our founding leaders with highlights of the Michigan Academy’s numerous successes over 90 years, presented by Sandy and Cinde, past MDA presidents. Sarah, current president, will present an update on our current mission and future visionary projects. Learn how the Michigan Academy advocates for its members and identify ways you can influence the health and nutrition of Michiganders.

Sandra Parker works at McLaren Northern in Petoskey. Cynthia Rutkowski is employed by the State of Michigan at Walter P. Reuther Psychiatric Hospital in Westland. Sarah Clark is the System Clinical Nutrition Manager at Bronson Healthcare

CPE Level: 1  CPE Credit: 1.0  LNC: 1000, 1070, 7000, 7200
Suggested Performance Indicators: 2.2, 2.3, 3, 3.1, 3.2, 4

9:35 am – 10:35 am General Session Speaker
Partnering with Supermarkets to Promote Healthy Choices
Speakers: Shari Steinbach, MS, RDN and Tina Miller, MS, RDN, FAND
Supermarkets are evolving, and this is an opportune time for dietitians to connect with grocers as they invest in wellness initiatives and seek out ways to partner with health influencers. The food aisles are a perfect place for nutrition experts to provide guidance on healthy food choices, personalized meal planning options, and dietary restrictions. Discover the best ways to build and maintain a relationship with supermarkets to provide ongoing benefits to you, the retailer, and your clients.

Shari Steinbach is the owner of Shari Steinbach & Associates, LLC. Tina Miller is the Nutrition Outreach Manager with Milk Means More.

CPE Level: 2  CPE Credit: 1.0  LNC: 4000, 7000, 8018, 8060
Suggested Performance Indicators: 2.1.8, 4.4, 7.2.2, 8.4.5
Sponsored by: Milk Means More

10:35 am – 10:50 am
Break and One Mile Walk! Refer to your Daily Agenda.

10:55 am – 11:55 am General Session Speaker
Disruption! Today’s Food and Nutrition Trends – What You Need to Know
Speaker: Christine M. Palumbo, MBA, RDN, FAND
Christine will examine emerging nutrition trends related to meal procurement, cooking, eating, and the impact of social media. She will also explore how younger generations are leading many of the societal changes related to nutrition. Credible sources of trends will be provided, along with strategies to stay on top of them.

Christine M. Palumbo pens the Good Sense Eating column for the Manhattan Family.

CPE Level: 2  CPE Credit: 1.0  LNC: 1090, 4100, 6000, 8015
Suggested Performance Indicators: 1.3.5, 2.1, 5.3.5, 8.2.1

11:55 am – 12:55 pm
Lunch and 90th Anniversary Celebration and MNDI Scholarship Recipients

THURSDAY BREAKOUT SESSIONS

1:00 pm – 2:00 pm Speakers
(A) Nutrition in CKD and ESRD: Current Recommendations and Strategies for Change Among Challenging Patients
Speaker: Matthew Rymond, RDN
Discover the most up-to-date recommendations and emerging trends in nutrition research for stages 1 - 4 chronic kidney disease and end stage renal disease in this cutting-edge presentation. Matthew will explain barriers patients face in implementing nutrition recommendations and will discuss strategies to improve outcomes.

Matthew Rymond is a renal dietitian at a hemodialysis center in Detroit, Michigan.

CPE Level: 2  CPE Credit: 1.0  LNC: 3000, 5340, 6000
Suggested Performance Indicators: 8.1, 8.2, 8.3, 9.6, 10.2

(B) WANTED: RDs as Culinary Instructors
Speaker: Lilian Anderson, MS, RDN
Are you looking to enhance your career? Consider incorporating culinary skills into your practice! As a registered dietitian and culinary professional, Lilian will share her experience of creating and managing Sprouting Chefs, LLC, a small business offering hands-on cooking classes for kids. Attendees will gain an understanding of how registered dietitians can expand their careers to include culinary instruction. The demand is out there!

Lilian Anderson is a culinary professional and owner of Sprouting Chefs, LLC.

CPE Level: 2  CPE Credit: 1.0  LNC: 4000, 7070, 8000, 8015
Suggested Performance Indicators: 8.3, 8.4, 9.4

Register Early and Save $50! Register at www.eatrightmich.org  Price increase of $50 begins April 12.
DAY ONE: Thursday May 9, 2019

2:05 pm – 3:05 pm Speakers

(C) Be a Piece of the Wellness Pie: How Registered Dietitians Can Break into the Wellness World
Speaker: Judith Scharman Draughon, MS, RDN, LD
The corporate wellness market is expected to double in value by 2026, and much of this growth will be from smaller businesses unable to afford larger corporate wellness programs – a perfect opportunity for RDNs to lead the way! Judith will empower you with techniques to find, connect, and get hired to help change the wellness culture in these companies and organizations. Come away with new wellness ideas and evaluation strategies to be successful.
Judith Scharman Draughon is the Corporate Wellness RDN at Total Customized Fitness, LLC and the owner of Nutrition Educational Solutions, LLC. (known as “Foods With Judes”).
CPE Level: 2  CPE Credit: 1.0  LNC: 1130, 4010, 7120, 7150
Suggested Performance Indicators: 1.1, 2.1, 8.3, 9.3, 9.5

(D) Nourishing the Brain
Speaker: Kathryn Russell, MS, RDN, FAND
Can optimal nutrition actually boost brain health? The connection between nutrition and components of the brain will be discussed. Learn about foods that are harmful to the brain and how to individualize meal plans that promote prime mental health.
Kathryn Russell is the Director of Food and Nutrition Services at Walter Reuther Psychiatric Hospital and the owner of Nutrition Central LLC and www.BrainFoodRDN.com.
CPE Level: 2  CPE Credit: 1.0  LNC: 3000, 4120, 5300
Suggested Performance Indicators: 8.1.2, 8.1.4, 8.3.6, 10.4
Sponsored by: Rachel Schemmel Endowed Lecture in Clinical Nutrition

3:05 pm – 3:15 pm
Break

3:15 pm – 4:15 pm Speakers

(E) Nutrition for Inflammation — Put out the Fire
Speaker: Sylvia Escott Stump, MA, RDN, LDN, FAND
Inflammation is a major factor in the progression of diabetes, cardiovascular diseases, eye disorders, arthritis, obesity, autoimmune diseases, and inflammatory bowel disease. Learn how pathological inflammation associated with autoimmune disease is controlled by networked immune system genes and the role a Mediterranean diet plays in supporting lifelong health and reducing chronic inflammation.
Sylvia Escott-Stump is a Clinical Assistant Professor at East Carolina University.
CPE Level: 2  CPE Credit: 1.0  LNC: 2060, 4040, 5000
Suggested Performance Indicators: 8.3.1, 8.3.6

(F) Dietary Recall Through Metabolomics
Speaker: James Casey, MA
New techniques in nutrition research can increase diagnostic clarity for our patients. Metabolomics is a window into a person’s specific metabolic patterns. These patterns are being used to identify biomarkers of disease and may lead to more reliable measures of dietary intake. James will demystify the science of metabolomics, share what the science currently says, and explain how dietitians can benefit from metabolomics in the future.
James Casey is a Ph.D. candidate studying Human Nutrition in the School of Public Health at the University of Michigan.
CPE Level: 2  CPE Credit: 1.0  LNC: 2000, 2100, 6000, 6080
Suggested Performance Indicators: 6, 6.3, 8.1, 8.2, 8.3, 9.2

4:15 pm – 5:00 pm
Poster Session, Networking, Hors d’oeuvres, and Cash Bar
CPE level: 1  CPE Credit: 1.0

5:00 pm – 5:25 pm
Awards Ceremony
Join us in honoring your colleagues and 50 Year Member Honorees

5:30 pm – 6:30 pm General Session Speaker
Developing a Performance Plan: Fueling for Life
Speaker: Maureen Stoecklein, RDN and Firefighter
Get ready for an interactive and invigorating presentation by a sports dietitian and firefighter! Maureen will describe how to “fuel” for optimal performance, both on the field and in everyday life as a nutrition professional. Learn about opportunities for registered dietitians in the public safety sphere, and participate in some “do anywhere” yoga moves for busy professionals.
Maureen Stoecklein is the owner of Stoeck the Pantry, LLC, a firefighter, the consulting dietitian at Barwis Methods Training Facility, and the Team Dietitian for the New York Mets.
CPE Level: 2  CPE Credit: 1.0  LNC: 2000, 2110, 6000, 6080
Suggested Performance Indicators: 8, 8.1, 8.2, 8.3, 9

6:30 pm
Important Announcements: Poster Session winners, 2020 free conference registration winner, two Academy membership winners, Thursday’s CPE Certificate — please check your email inbox for your electronic copy. The online link for today’s evaluations will be emailed to you.

7:00 pm
Join us for a fun 5K Run or Walk!
Be sure to check off your preference for run or walk when you complete your registration information.

Register early and save $50! Register at www.eatrightmich.org  Price increase of $50 begins April 12.
Day Two: Friday May 10, 2019

7:00 am – 8:00 am
Registration and Breakfast

8:00 am – 9:00 am General Session Speaker
Small Intestinal Bacterial Overgrowth (SIBO): The Latest and Greatest on Nutritional Management
Speaker: Emily Haller, MS, RD
Are you confused about Small Intestinal Bacterial Overgrowth (SIBO)? Understandably, our clients and patients are, as well! Excessive bacteria in the small intestine can cause stomach pain, bloating, diarrhea, weight loss, and may eventually lead to malnutrition. Emily will provide RDNs with a foundation in the pathophysiology, diagnosis, and both the medical and nutritional management for SIBO. Emily Haller works with the Division of Gastroenterology at Michigan Medicine.
CPE Level: 2  CPE Credit: 1.0  LNC: 3000, 5000, 5220
Suggested Performance Indicators: 8.1, 8.3, 9.1, 10.2

8:00 am – 9:00 am General Session Speaker
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CPE Level: 2  CPE Credit: 1.0  LNC: 3000, 5000, 5220
Suggested Performance Indicators: 8.1, 8.3, 9.1, 10.2

9:05 am – 10:05 am Keynote Address
From Fear to Facts: Understanding the Issues in Animal Agriculture
Speaker: Charlotte Rommerein, RDN, LN, LD
Today’s consumers demand greater transparency in understanding how their food is grown and raised. The focus of the session is to help the dietitian address consumer concerns with selecting animal products for their source of protein. Evidenced-based information and farmers’ stories will help attendees learn more about the production practices farmers use. Charlotte Rommerein is a farmer and consultant dietitian to health care facilities in southeastern South Dakota and northwestern Iowa.
CPE Level: 2  CPE Credit: 1.0  LNC: 4070, 8018, 8070
Suggested Performance Indicators: 7.2.3, 7.2.6, 8.1.2
Sponsored by: Food and Culinary Professionals DPG/Academy Foundation Speaker Grant

9:00 am – 12:00 pm
Michigan Nutrition & Dietetics Institute (MNDI) Scholarships Silent Auction
Proceeds will benefit the dietetic student scholarship fund.

9:30 am – 12:00 pm
Meet with the Exhibitors
CPE Level: 1  CPE Credit: 1.0

11:45 am – 12:30 pm
Boxed Lunch

FRIDAY BREAKOUT SESSIONS

12:30 pm – 2:00 pm Speakers
(G) Evidence Based Nutrition Counseling Approaches for the Eating Disorder Client
Speaker: Patrizia Jesue, RD
Dietitians play a crucial role in the treatment of eating disorders. Become familiar with different counseling skills to best support this population. Identify what treatment modality is most effective for specific eating disorder diagnoses, and learn a mindful eating practice. Patrizia Jesue is the Co-Founder and Director of Operations and Nutrition at CEDARS and President of Nutrition Counseling Center, LLC.
CPE Level: 2  CPE Credit: 1.5  LNC: 5200, 6000, 6020
Suggested Performance Indicators: 8.1, 8.3, 9, 10.1, 10.2

(H) Conducting Successful Supermarket Tours
(This session is also offered at 2:15 pm, session K.)
Speakers: Shari Steinbach, MS, RDN and Tina Miller, MS, RDN, FAND
Do you want to become more confident in leading grocery store tours for your clients and patients? This field trip-based session to a Meijer store will provide hands-on training to plan, implement, and evaluate a successful grocery store tour in today’s supermarket. Leave with the resources needed for your next interactive experience with consumers, including those with special dietary needs. Transportation to and from the conference is included.
CPE Level: 2  CPE Credit: 1.5  LNC: 4000, 7000, 8018
Suggested Performance Indicators: 2.1.8, 8.1, 8.1.1, 8.1.2
Sponsored by: Milk Means More

(I) Nutrition Support Practice Today and into the Future
Speaker: Pat Anthony, MS, RD, FASPEN and Theresa Han-Markey, MS, RD
Are you looking to enhance your nutrition support skills? The most up-to-date guidelines for adults will be reviewed and translated for you to incorporate into your practice. The future of enteral nutrition product development and the state of parenteral nutrition therapy, as influenced by various healthcare factors, will also be discussed.
Pat Anthony and Theresa Han-Markey are strong advocates for the advancement of nutrition support practice worldwide and the integration of nutrition into medical therapy.
CPE Level: 2  CPE Credit: 1.5  LNC: 1070, 5070, 5170, 7100
Suggested Performance Indicators: 4, 8.3, 10

Register early and save $50! Register at www.eatrightmich.org  Price increase of $50 begins April 12.
Conference Schedule and CPE Credits

2:00 pm – 2:15 pm
Break

2:15 pm – 3:45 pm Speakers
(J) FoodMASTER: REACH TO TEACH!
Speaker: Sylvia Escott-Stump, MA, RDN, LDN, FAND
The FoodMASTER initiative is a compilation of hands-on and virtual programs that use food as a tool to teach math and science skills. Sylvia will provide an overview of STEM education and will explain how dietitians can use free curricular resources available when consulting with schools and other educational institutions.
Sylvia Escott-Stump is a Clinical Assistant Professor at East Carolina University.
CPE Level: 2  CP Credit: 1.5  LNC: 6040, 6080, 9020
Suggested Performance Indicators: 9.1.1, 9.2.3, 9.3.2

(K) Conducting Successful Supermarket Tours
Speakers: Shari Steinbach, MS, RDN and Tina Miller, MS, RDN, FAND
This is the second breakout session for this topic. Please see the description under breakout session H, on page five.
Sponsored by: Milk Means More

2019 Annual Conference Planning Committee and 2018 – 2019 Michigan Academy of Nutrition and Dietetics Board of Directors

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Julie Poole, MS, RDN
Speaker Planning Committee: Sarah Clark, MS, RDN, CDE
Diane Delhey, MS, RDN
Heather Dover, RDN
Courtney Freeland, MPH, CHES
Jodi Nemeth, RD
Leslie Neubecker-Czubko, RDN
April Ostrowski, RDN
Poster Chair: Erika Ford, RDN, CSOWM
Awards Chair: Shannon Sover, MS, RD
Awards Co-Chair: Jennifer A. Sokol, MPH, RD
MNDI Scholarship Awards: Theresa HanMarkey, MS, RD
CPE Coordinator: Emily Ahle, MS, RD
Conference Coordinator: Susanne Consiglio, RDN

Board of Directors
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Nominating Chair: Rubina Haque, PhD, RD
MNDI President: Theresa HanMarkey, MS, RD

14 CPES
Continuing Professional Educational Hours (CPEs) have been approved for Registered Dietetic Professionals as follows:
Thursday Conference Sessions: 7 CPE Thursday Poster Session: 1 CPE
Friday Conference Sessions: 5 CPE Friday Exhibits: 1 CPE

Register early and save $50! Register at www.eatrightmich.org  Price increase of $50 begins April 12.
**Hotel Information/Online Conference Registration Details**

**Wyndham Garden Hotel - (586) 979-1400**
34911 Van Dyke, Sterling Heights, Michigan 48312

**Hotel Room Reservations:** A block of rooms is reserved for the conference at the Wyndham Garden Hotel. Room rates are **$99 plus tax** per night for a single or double occupancy. Reserve your room by calling the hotel. Refer to code: **MAND/Michigan Academy of Nutrition & Dietetics.**
Or reserve your room online:
This special rate is available until **April 8, 2019.**

**Hotel Amenities:** Fitness center, complimentary wifi access, business center, and microwave, and refrigerator in each guest room.
For more details go to:

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**Registration early bird rate will be accepted through April 11, 2019; Price increase starts April 12!**
*Breakfast and lunch is included in your registration! Be sure to check off your meal preferences when you register online.*

<table>
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<th>Conference Fees</th>
<th>Academy Member:</th>
<th>Academy Member:</th>
<th>Non-Academy Member</th>
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<tr>
<td>Thursday Only Conference</td>
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*Registrations after April 11: Add $50.00 to the total.*

**Cancellations/Refunds**
Written cancellations postmarked by April 24 will be refunded less $55 processing fee.
No refunds will be given after April 24, 2019.

**Not an Academy Member?**
Save by joining the Academy of Nutrition and Dietetics NOW for the remainder of the current 2018 — 2019 membership year **and all** of the 2019 – 2020 membership year ending May 31, 2020. If you would like to attend the conference at the member-only rate, you must join the Academy by **Monday April 8, 2019.**
Go to: [www.eatrightPRO.org/Join](http://www.eatrightPRO.org/Join), or call the Academy Member Service Center at (800) 877-1600, ext. 5000. Be sure to mention promo code **Mi19**, and the $25 application fee will be waived.

**To Register:**
Go to [www.eatrightmich.org](http://www.eatrightmich.org)
Click on the registration link on the homepage
Payment: Visa, MasterCard, or Paypal are accepted

For any questions or difficulty with registration, contact the Michigan Academy office at mda.execdir@sbcglobal.net or 586-774-7447.

**Contributions:**

**MNDI Contribution**
If you wish to contribute to the Michigan Nutrition & Dietetics Institute (MNDI) student scholarship fund, please **add $5.00 to your total in the online registration process.** This is tax deductible.

**Michigan Academy PAC Contribution**
If you would like to donate to the Michigan Academy PAC, please write a separate check **made payable to: Michigan Academy PAC.** Use a personal check, not a business check.
Mailing address: Michigan Academy, 22811 Greater Mack, Suite 105, St. Clair Shores, MI 48080

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**Register early and save $50! Register at www.eatrightmich.org Price increase of $50 begins April 12.**
Register During Early Bird Discount, price increase begins April 12! 

**Go to:** www.eatrightmich.org and click on conference registration link.

**Join us for 5K Run or Walk!**

After a day of exercising your mind, come move your body in a fun and non-competitive 5K run or walk! This is a great opportunity to meet up with friends and colleagues after a full day’s conference! The event is **free** and will take place on **Thursday, May 9th at 7 pm.**

**Be sure to check off the Run or Walk box, on your registration form.**

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**Photos at the conference**

Photos taken at the 2019 Michigan Academy Annual Conference may be used for promotion by the Michigan Academy for future programs. If you do not want photography used that includes your image, please submit a request in writing to the Michigan Academy of Nutrition and Dietetics prior to the conference.