



**IDAHO ACADEMY OF
NUTRITION & DIETETICS**
an affiliate of the
eat right. Academy of Nutrition and Dietetics

IDAHO ACADEMY MEMBER and STUDENT AWARDS 2015



June Yerrington Award 2015 Mimi Pengilly, RD, LD

The June Yerrington Award recognizes an Idaho Academy member who has made significant and lasting contributions to the dietetic profession. The award recognizes a member who shares the qualities of June Yerrington: compassion, commitment and love of the profession. June Yerrington passed away in 1983.

Mimi is currently the Child Nutrition Director at the Moscow School District and is an active member in both the Idaho Academy of Nutrition & Dietetics Association and the Idaho School Food Service Association. She is a Past-President of our Affiliate.

Mimi is a dynamic leader in the Moscow School District and is looked upon as an expert throughout the State of Idaho with the Child Nutrition Program regulations. Under section 201 of the Healthy, Hunger-Free Kids Act of 2010, each school district could receive an additional reimbursement of 6 cents per lunch once the new school meal patterns had been implemented and certified to be in compliance. The Moscow School District was one of the first to receive this extra 6 cents reimbursement under Mimi's leadership.

The Moscow School District also was selected for the validation process that occurred in conjunction with the 6 cents certification. The purpose of the validation review is to make sure that the school district continues to meet the updated meal patterns. Under Ms. Pengilly's leadership, the Moscow School District was found to be in excellent shape with all of reviewed regulations.

In addition to her many professional attributes Mimi is above all a good person and one that we always know will represent us well in all areas. She is very personable, has a wonderful sense of humor and, of course, has the integrity and honesty that one desires in any friend or co-worker.



GEM AWARD 2015 Dr. Ted Epperly



The Gem award recognizes nonmember of the Idaho Academy that have promoted and/or encouraged good health with an emphasis on sound nutrition habits through efforts to educate the public.

Dr. Epperly is the President and CEO of the Family Medicine Residency of Idaho a large Federally Qualified Teaching Health Center comprised of seven clinics, three family medicine residency programs, and three fellowships. The FMRI clinic employs a full-time RDN, Kelsey Ruszel, RDN, LD.

Dr. Epperly is a strong supporter of the RDN and spoke on our behalf to the House Health and Welfare Committee on February 16, 2015. Dr. Epperly is Chair of Idaho's SHIP (State Healthcare Innovation Plan).

Dr. Epperly currently serves as the Governor appointed Chairman of the Board for the Idaho Healthcare Coalition that is in charge of helping transform healthcare for the State of Idaho (SHIP). He has published over 50 articles and book chapters and he is a staunch supporter of Family Medicine education, research, and both rural and underserved health care. His book *Fractured: America's Broken Health Care System and What Must Be Done To Heal It* provides excellent insight to the U.S healthcare system and can be found on Amazon.com.

Outstanding Dietitian of the Year 2015 RoseAnna B. Holliday, PhD, MPH, RDN, LD, FAND



The ODY Award recognizes the commitment to excellence made by an individual who has demonstrated outstanding leadership and service to the profession.

RoseAnna is Past-President of the Idaho Academy of Nutrition and Dietetics and was recently elected to the Delegate position. During RoseAnna's term as President, the Idaho Academy successfully passed a Concurrent Resolution. In 2012 and 2013, RoseAnna presented to the Idaho Legislature on behalf of the Idaho RDN. In 2013 RoseAnna and her team in Magic Valley chaired the Annual Meeting in Sun Valley, Idaho. RoseAnna and her colleagues presented a poster session at FNCE in 2013.

RoseAnna is currently the Department Chair, Allied Health Professions, at the College of Southern Idaho, Twin Falls, Idaho. RoseAnna has been very active and successful in expanding the opportunities for future RDNs through her teaching, advising and outreach activities. She works with faculty at the University of Idaho and Idaho State University to explore ways for students to continue their education either as RDNs or DTRs. She involves RDNs from St. Luke's Regional Medical Center in Magic Valley with her students through class presentations, meetings and community events, such as health fairs. In addition, RoseAnna and other RDNs from Twin Falls appear regularly on the morning news segment for the local television station. Now more students, faculty, administrators, and legislators know what RDNs can do for the health of Idaho citizens.



RoseAnna is an outstanding representative of the Idaho Academy of Nutrition & Dietetics. She is a leader. She is visionary. She is a mentor. RoseAnna is proud to be an RDN.

Recognized Young Dietitian of the Year 2015 Jaclyn St. John, MS, RDN, LD



The purpose of the RYDY program is to recognize the competence and activities of younger dietitians in the Academy of Nutrition and Dietetics and to encourage their continued participation in association affairs. This group will be an additional resource from which the leadership of the Association will develop both at the district, state, and national levels.

Through her work at the Idaho Dairy Council, Jaclyn helps dairy farm families support wellness in Idaho and across the nation. She works tirelessly to arm educators and health professionals with tools and resources to integrate health and wellness in the classroom and/or the office. Jaclyn dedicates countless hours through her employment and volunteering, to amplify the message about the positive impact of good nutrition and physical activity. She is committed to the unending challenge of improving community health here in Idaho and knows that collaboration and partnerships are critical to the success of that effort.

Jaclyn's inquisitive nature is one of her greatest assets. She strives to be well-rounded and approaches her learning with enthusiasm and a willingness to develop her knowledge in multiple subject matters. Not only does Jaclyn work diligently to stay abreast of current nutrition research and dietary guidelines, but she also is working to understand Idaho's multi-faceted dairy industry.

Jaclyn currently serves as co-chair for Treasure Valley Dietitians. Jaclyn was elected as the Secretary for the Idaho Academy of Nutrition and Dietetics this spring and will take on additional responsibilities with the board.

Emerging Dietetic Leader 2015 Megan R. Williams, MDA, RDN, LD



The Emerging Dietetics Leader Award recognizes the competence and activities of members, regardless of their age, who are at the beginning of their dietetics careers. Members who receive this honor support the promotion of optimal health and nutritional status of the public through demonstrating leadership in legislation, research, education, management and other areas related to the profession.

Megan wears many hats and is recognized by her colleagues as this year's Emerging Dietetic Leader:

- Program Coordinator and CDE for Shoshone Family Medical Clinic, in this capacity Megan utilizes her CDE training. She is a pump trainer for several diabetes companies, including Tandem, MiniMed and Animas.
- Instructor at College of Southern Idaho, where she coordinates the Medical Terminology Classes and Laboratory. Recently Megan has transitioned the Medical Terminology courses to a new learning module.
- Secretary of Idaho Academy of Nutrition and Dietetics. This year Megan chaired the Strategic Planning Committee. Megan has also served on RDN in Primary Care Committee; presented to the Idaho Legislature; and will be taking on a new role in the SHIP Coalition as one of the seven regional RDNs. Megan was a co-author on the Idaho Academy's 2014 FNCE Poster.
- Megan was recently elected as President-elect, Idaho Academy of Nutrition and Dietetics and in this role she will Chair the 2016 Annual Meeting in Pocatello. Megan will represent Idaho at FNCE 2015 in Nashville, TN.
- Megan is active in the Magic Valley Dietitian Group and has appeared numerous times as a spokesperson on KMVT.

Idaho Academy Board Award for Outstanding Service Caroline Keegan, MBA, RDN, LD



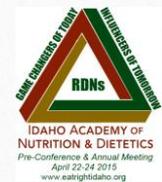
Caroline has spent her career defining herself as a leader. She currently serves on the Idaho Academy of Nutrition and Dietetics as the President-Elect. She has volunteered countless hours to plan and support the annual conference for many years. Caroline has worked to further dietitians not only in the state of Idaho, but nationwide. She has worked tirelessly to encourage dietitians to broaden their scope of work beyond the traditional roles of dietetics. Caroline selected an implemented the theme for this year's meeting:

“RDNs: Game Changers of Today; Influencers of Tomorrow”

Caroline has a unique ability to think outside the box and innovate. This talent is acknowledged and recognized by many dietitians throughout the state. They seek out Caroline for advice to examine issues from a different lens. She's a trusted resource who can be counted on to help make strong decisions.

“Invent yourself, and then reinvent yourself.”

This quote describes Caroline. Her passion for growth and desire to diversify led her to go back to school and earn her Master's Degree in Business Administration. She did so while working full-time and raising her two children. Not only has she expanded her knowledge outside of traditional dietetics, but she also works to stay abreast with current food and nutrition regulations, research, and recommendations. This demonstrates her passion for learning and improvement.



Outstanding Dietetic Student Award

The purpose of the Outstanding Dietetics Student Award program is to recognize the emerging leadership and achievement of students in **ACEND-accredited dietetics** education programs and encourage their participation in the **Academy of Nutrition and Dietetics**.

Students are nominated for this award by the faculty in Idaho's three ACEND Programs: University of Idaho Coordinated Undergraduate Program; Idaho State University, Didactic Program; and Idaho State University Dietetic Internship.

In recognition of their leadership and achievement, the **Idaho Academy** awards each student a paid membership for the upcoming year.

CONGRATULATIONS



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Idaho State University 2015 Outstanding Dietetic Student Award Kristopher Crane, ISU Didactic Program

Idaho State University – DPD Program

Kris is a non-traditional student who after many years of working in the foodservice industry is beginning to realize his career goal of becoming a Registered Dietitian is coming true. Kris is characterized by the faculty as being a model student; totally engaged in all topics related to dietetics; always putting forth 110% effort in projects and exams; a strong leader and a team player. As chapter president of the Beta Rho Chapter Phi Upsilon Omicron, Kris and many chapter members helped to host a very successful national Conclave in Meridian last fall. Kris provided the “Welcome to Idaho” address to the approximate 150 attendees from all over the United States. The national officers were so impressed with him, they asked him to be the regional collegiate representative and sit on national council. Kris has done an excellent job in creating enthusiasm in the chapter with many service and fund raising projects in the community. Kris is also a volunteer lead for Benny’s Pantry, which is the campus food pantry at ISU. Kris has devoted many hours to working in the pantry as well as recruiting and training many volunteers. **Kris** also brings maturity and a wealth of experiences to his workplace. As an employee of the nutrition services department at Portneuf Medical Center, his supervisor comments on his willingness to train and mentor fellow employees and well as provide practical solutions to challenging situations.

Kris will be recognized as an OSDA Recipient in the September 2015 Journal of the Academy of Nutrition and Dietetics.

Idaho State University 2015 Outstanding Dietetic Student Award Mikala Gneiting, Dietetic Intern, Pocatello

Idaho State University - Pocatello Dietetic Internship

Mikala returned to ISU to finish her dietetics degree after taking off 10 years from school to raise her four children. Mikala finished her degree in May of 2014 with exceptional grades and will complete the internship in May of 2015. Mikala has had an excellent year as an intern. Faculty and preceptors recognize Mikala for her excellent communication skills with preceptors, peers and patients. Her work has been outstanding in her rotations and she will begin work as a clinical dietitian as soon as the ink dries on the end of the internship paperwork (and of course pass the RD exam)!

The ISU faculty highly recommend Mikala for the 2015 Outstanding ISU Dietetic Intern-Pocatello Student

Idaho State University 2015 Outstanding Student Dietetic Award Amber Hill – Dietetic Intern, Meridian

Idaho State University—Meridian Dietetic Internship

Amber is a graduate of Oregon State University where she produced and co-hosted a Nutrition Now Radio Show for the on campus radio station. During the internship, **Amber** received high marks on all of her projects and from her rotations. One rotation stated that she is one of the best interns they have ever had, and they want to hire her when she finishes the internship if she chooses to go into that area of dietetics! She has strong interpersonal skills, is very professional and respectful, independent and organized. She appreciates feedback and is enthusiastic about projects, and volunteers to do things above and beyond. Amber volunteers for outside projects, and is a strong participant in all class activities and discussions. We are very proud of Amber, and we think she will be an outstanding dietitian!

Amber will be recognized as an OSDA Recipient in the September 2015 Journal of the Academy of Nutrition and Dietetics.

University of Idaho 2015 Outstanding Dietetic Student Award Sara E. Chadek



Sara has a passion for educating the public on living a healthy lifestyle and loves teaching people how to cook. When completing her degree Sara has been involved with the profession.. Sara loves being involved and is looking forward to developing her skills as a Registered Dietitian. As a pre-dietetics student, **Sara** was involved in several community projects including a school lunch project through Brenda's Wellness Kitchen, the Idaho Department of Education, and Cooking Matters through the Idaho Food Bank. As a student in the Coordinated Program, **Sara** worked with students at Marian Pritchett High School for pregnant and teen mothers where she administered surveys on nutrition knowledge and conducted focus groups to find out what these young mothers need with regards to health and nutrition. Sara serves as Secretary to the Treasure Valley Dietitians. She also helps with the Annual Fun Run held each March. Sara is the co-chair for the Idaho Academy's Annual Meeting this year.

Sara will be recognized as an OSDA Recipient in the September 2015 Journal of the Academy of Nutrition and Dietetics.

**University of Idaho 2015
Outstanding Dietetic Student Award
Whitney Beck**



Fall semester 2014, **Whitney** wrote articles for the Coeur d'Alene Press and developed a curriculum for elementary age children addressing smart snacking. Whitney also coordinated all the school visits for the dietetics students in Coeur d'Alene for the month of November. Whitney is the class manager for the Coeur d'Alene group doing the six week Cooking Matters course at the Boys and Girls Club in Post Falls. She also volunteered at Tom's Turkey Drive in Spokane with the rest of the junior class, and was part of a group that did a presentation about nutrition and cancer prevention geared towards breast cancer at the Kroc Center in Coeur d'Alene.

Spring semester, **Whitney** completed her clinical rotation at Kootenai Medical Center. For her project at Kootenai, Whitney created a handout addressing herbal supplements. The handout contains the supplement name, what it is used to treat, what the research says, contraindications (drug interactions, side effects), and forms the supplement may take. Whitney has presented a 20 minute presentation on herbal supplements.

After spring break, Whitney will start her management rotation at Mead School District.

**University of Idaho 2015
Outstanding Dietetic Student Award
Isaac Wright**

Isaac Wright is currently attending the University of Idaho as a Dietetics student and working on his M.S. in Family and Consumer Sciences. **Isaac** completed his B.S. at Boise State University in Health Science Studies. His current research interests are related to social media and diabetes education. During his time in the dietetics program he has gained experience with menu planning, diet analysis, management, nutritional assessments, etc. His professional interests in the field of nutrition include diabetes education, nutrition consulting, and food management.

Agnes C. Foley Student Scholarship



Agnes C. Foley, MS, RD, was a long time member of the Idaho Dietetic Association. At the time of her death, Agnes' family established a scholarship, recognizing her many contributions to the profession of dietetics. Contributions to this scholarship were made by family members, professional colleagues, and friends.

In 2014, 12 students received this scholarship to attend the Annual Meeting of the Idaho Academy. In order to sustain the scholarship, the Idaho Academy of Nutrition and Dietetics plans to contribute funds to the award. In 2014, an additional \$1000 was contributed to this account.

Bio - Agnes was born October 23, 1917 in Jamestown, New York. Agnes graduated from the University of Cincinnati in 1940, completed a dietetics internship at Case Western Reserve University Hospitals in Cleveland, Ohio. She received her Masters of Science in Dietetics from Cornell University in 1950. Agnes passed away September 1, 2013 in Boise, Idaho.

After moving to Boise, she worked as a dietitian for the State of Idaho Department of Health from 1965-1982. Agnes was a past Idaho Dietetic Association President, a past delegate to the American Dietetic Association and a recipient of the state's first June Yerrington Award in 1982 where she was recognized by her colleagues for outstanding service and professional commitment to food, nutrition and the profession of dietetics.

Agnes C. Foley Student Scholarship Awards 2015



- Julianne Baldwin
- Evelyn Bearden
- Jennifer Brooks
- Anne Donnelly
- Adam DuPree
- Jenna Dyckman
- Natalie Grant
- Lori Greenhalgh
- Echo Heiman
- Amber Hill
- Maranda Hellman
- Christine Howell
- Adam Huffield
- Sen Ying Lee
- Lori Nelson
- Amanda Parkes
- Megan Robinson
- Lea Steiner
- Michelle Tonna
- Becky Woodhouse

Academy of Nutrition and Dietetics Idaho Academy of Nutrition and Dietetics 420 Members Strong – Taking Care of Business



FNCE 2014, Atlanta, GA

The Idaho Academy of Nutrition and Dietetics is the premier source for reliable objective food and nutrition in Idaho.

The Idaho Academy's strategic plan is to promote healthy Idaho food products, prevent and manage disease through MNT and counseling, and provide nutrition education in schools, workplaces, clinics and other venues.