Greetings, Nutrition & Dietetics alumni and friends! Since I joined the College of Nursing & Professional Disciplines last summer, I have had the pleasure of meeting regularly with students, staff, and faculty in the department and have been deeply impressed by their commitment to excellence.

When I first joined the College, I asked that every department help me address five priorities that would be critical to our success this year, including identifying and leveraging our strengths to advance our mission, vision, and values; strengthening relationships with our various partners at UND and in the community; creating new leadership and team-building opportunities; and charting a roadmap for our future. Nutrition & Dietetics accepted this charge and has been extremely productive and collaborative this fall.

The department’s new chair, Wanda Koszewski, has worked tirelessly with other leaders in the College as well as N&D faculty to spearhead College events. The success of the recent College booth at the Career Expo held in the Alerus Center was made possible due to her hard work and commitment to bringing all three of our departments together to tell our story to prospective students. Wanda has also been instrumental in planning for and developing our first-ever College-wide student social this December, at which student leaders from all three disciplines came together to report on and celebrate their successful fall semester.

The N&D faculty worked extensively on Project Connect, through which they provided critical support to families in need by preparing and distributing meals to adults and children here in Grand Forks. The caring and compassion this department continues to display humbles all of us here at the College, and we will continue striving to rise to the standard of excellence that they have set.

Steve Light
Interim Dean
Message from the Department Chair

Greetings Alumni and Friends of the Nutrition & Dietetics Department! It is my pleasure to address you as a new Associate Clinical Professor and Department Chair for Nutrition and Dietetics here at UND. One of the reasons I wanted to join the N&D program here at UND was due to the wonderful faculty and staff that are employed by the department. With their help and yours, I am sure we will build upon the great foundation that was laid by previous administrators such as Dr. Jan Goodwin.

I completed a Coordinated Program in Dietetics at Utah State University in Logan, Utah and received my Master’s degree from the University of Nebraska-Lincoln. My PhD is from Kansas State University with an emphasis in nutrition education.

My research focus is in the area of nutrition education and food insecurity. Before coming to UND I directed two large nutrition education programs for the state of Nebraska: EFNEP and SNAP-Ed. The Nebraska SNAP-Ed program was recognized nationally for its excellence in partnerships, program delivery, and evaluation. I hope to continue these research efforts at UND in the area of nutrition education.

I have been actively involved in the Academy of Nutrition and Dietetics (formerly known as the American Dietetic Association) and the Society of Nutrition Education and Behavior, and I have served on numerous regional and national committees for SNAP-Ed and EFNEP. In 2010, I was named Distinguished Extension Specialist by the Nebraska Cooperative Extension Association and I have most recently published in the Journal of Family and Consumer Science Research and the Journal of Extension in regards to my nutrition education work.

In my spare time I like to cook for friends, go to the theater, and play with my two cats, Bailey and Skittles.

The N&D department is continuing to play an active role in the development of our college’s culture and outreach to students from the region. We continue to look for ways in which we can work with our fellow health care providers in Nursing and Social Work to improve the lives of North Dakotans and build upon our public image through events such as the All College Scholarship Reception and the UND Career Expo being held on November 13th.

I look forward to meeting you in the coming months.

Sincerely,

Wanda M. Koszewski, PhD, RD
Chair/Clinical Associate Professor
Nutrition & Dietetics

Advisory Board

The 2013-2014 Nutrition and Dietetics Advisory Board met this fall on October 10, 2013. The Board is made up of some new and returning members from across the area. This year’s advisory board members are: Donna Bernhardt (Chair), Angela Brekken, Sharon Steward, Jenny Steinhaus, Wendy Mankie, Dustin Frize, Christa Lembke, Angela Scheett, Olivia Heintz, Jennifer Roehrdanz and Tyler Titcomb. The next Advisory Board meeting will be on April 9 or 10, 2014.
Northlands Rescue Mission

To start the 2013-2014 academic year, Department of Nutrition and Dietetics faculty, Junior and Senior Dietetic students, and Senior Community Nutrition students participated in two service learning projects in the Grand Forks community. Senior Dietetic and Community Nutrition Students, along with faculty members Georgianna Walker and Wanda Koszewski, worked at the Northlands Rescue Mission.

Students worked on preparing weekend snack lunches for Mission residents for the Labor Day weekend holiday, as well as snacks for children who receive weekend meals via the Sack Program. Several students helped the kitchen staff prepare the evening meal of Shepherd’s Pie. The participants prepared over 10 pounds of green beans, shucked 100 ears of corn and mashed over 100 boiled potatoes. The students prepared enough food for over 200 people. They were sure tired at the end of the afternoon.

Red River Valley Community Action

Junior dietetic students and one community nutrition student along with faculty members Desiree Tande, Doris Wang and Jan Goodwin delivered commodity packages to Grand Forks seniors through the Red River Community Action Program. Students made short work of the afternoon by teaming up to deliver a variety of groceries to the doorstep of grateful recipients in senior housing before loading the vans and delivering the remaining commodity foods to St. Joseph’s Social Care and Thrift Store to be used in their food pantry.

Although sweating in the record-breaking sweltering heat that afternoon, every student cooperated with enthusiasm for a job well-done. We couldn’t be more proud of our nutrition and dietetic students.
Appointments/Elections

Doris Wang, MPH, RD, LRD, East Grand Forks, Minnesota, has been elected to the Accreditation Council for Education in Nutrition and Dietetics Board of Directors (ACEND BOD) for 2013-2016. ACEND serves and protects students and the public by assuring the quality and continued improvement of nutrition and dietetics education programs. Doris will serve as Coordinated Program in Dietetics (CP) Representative-elect as of June 1, 2013 through May 31, 2014. She will then serve two additional years as CP Representative. She has been appointed to serve on the Policies and Procedures committee for the duration of her appointment with the board. Doris has extensive experience in leadership roles within UND, the region, and nationally. She was recently awarded the Faculty Service Learning Award through UND’s Center for Community Engagement and published an article in the Journal of Nutrition Education and Behavior reporting the lessons learned from a service learning program that she developed at UND.

Georgianna Walker, MS, RD, LRD, New Rockford, North Dakota, has been elected to a second term as Chair of the North Dakota Board of Dietetic Practice (NDBODP) for 2013-2014. She also served as Chair for the 2012-2013 year. Members of BODP are appointed to three-year terms by the governor to oversee laws and rules governing dietetic practice in North Dakota. Georgianna has been a member of the Academy of Nutrition and Dietetics since 1978 and has been a clinical instructor in the Department of Nutrition and Dietetics since fall 2007. Her professional service to the Academy includes numerous leadership positions at the national and state level including national Chair, Treasurer, and Area II Coordinator of the Dietitians in Health Care Communities Dietetic Practice Group (DHCC) and Chair of several committees within DHCC.

Presentations


Publications


Dr. Katie Hill Gallant, PhD, RD is a Grand Forks native and 2005 graduate of the Coordinated Program in Dietetics at UND. As an undergrad, she was a research assistant at the USDA-ARS GFHNRC in the laboratory of Dr. Fariba Roughead, PhD, RD. Katie earned an MS in kinesiology also at UND under the mentorship of Dr. James Whitehead, EdD in 2006, and a PhD in Nutrition from Purdue University under the mentorship of Dr. Connie Weaver, PhD in 2010. Katie trained for three years as a postdoctoral research associate at Indiana University School of Medicine Departments of Anatomy & Cell Biology and Medicine-Division of Endocrinology studying bone and mineral metabolism. She began in August 2013 as an assistant professor and the Director of the Didactic Program in Dietetics at Purdue University in the Department of Nutrition Science. She teaches the freshman-level “Profession of Dietetics” course and the senior-level “Medical Nutrition Therapy” course. Katie’s research program focuses on bone and mineral metabolism in health and disease states, using human clinical studies and translational research in animal models. Specific research interests include: calcium and phosphate handling in chronic kidney disease-mineral bone disorder (CKD-MBD), nutrition for optimal pediatric bone acquisition, and effects of obesity and diabetes on bone mass and quality. Katie lives in West Lafayette, IN with her husband, Max, a researcher in the Purdue College of Veterinary Medicine, and their 1-½ year old daughter, Sophie.
Dr. Jamie Stang receives 2013 Medallion Award

The Academy of Nutrition and Dietetics presented its prestigious 2013 Medallion Awards to Jamie Stang, a 1986 graduate of the Dietetics Program in the Department of Nutrition & Dietetics and University of North Dakota Alumna, in recognition of outstanding service and leadership to the Academy and the dietetics profession. Medallion Awards have been given each year since 1976. The winners received their awards on Sunday, October 20, during the Academy’s Food & Nutrition Conference & Expo, Houston, Texas.

An Academy member since 1986, Stang is an associate professor in the division of epidemiology and community health at the University of Minnesota’s School of Public Health; and director of the university’s Midwest Center for Lifelong Learning in Public Health and the Leadership Education and Training Program in MCH Nutrition. A nationally recognized authority on maternal and child health, Stang serves on the Academy’s National Public Health Task Force, the Council on Future Practice and on the Minnesota affiliate’s Public Policy Committee. She received the Academy’s 2011 Excellence in Community Dietetics Award; and in 2005 was named the Academy’s Public Health and Community Nutrition dietetic practice group’s outstanding member. She directs the country’s only national continuing education and training program devoted to the nutrition needs of women – from preconception through pregnancy – and infants and young children that combines aspects of both public health and clinical care. In the words of Stang’s colleagues: “It is exciting to see how one person can make such an impact in the lives of so many people.”

Sarah Sand, 2005 graduate of the Community Nutrition Program

On the 2100 block of Columbia Road is a cute little coffee shop known as the Coffee Company. It has been a part of Grand Forks for a very long time but what a lot of people do not know is that the owner is a 2005 graduate of the UND Community Nutrition program, Sarah Sand. Sarah had been working for a privately owned weight loss company as an Assistant Director when she heard that the Coffee Company was on the verge of shutting the doors. Looking for a change in her career, she got in contact with the owners and two weeks later she was holding the keys to her new business. After purchasing the Coffee Company, Sarah was featured on the CNNmoney website for an expose about the “50 best places to launch a business.” Since obtaining ownership of the Coffee Company, Sarah has given the shop a new look and has even opened up another Coffee Company shop inside of Valley Elder Care.

Besides running and owning a successful business here in Grand Forks, Sarah is also very passionate about community involvement and giving back to those in need. She feels that as a locally owned business that is supported by community members, it only makes sense to support the community in return. Right now, Sarah is working with the Northland Mission, which provides help to men and women who are homeless and seeking help with their desperate situations. One way the Coffee Company helps is by donating coffee to the mission. For every one lb. of coffee bought by a customer, they give two pounds of coffee to the mission. They have also participated in “Giving Hearts Day”. Customers are given the option to donate and every donation received is matched by the Dakota Medical Foundation. These are just a couple of the ways that Sarah gives back to the community that has always supported her.

With a menu full of delicious coffee drinks, smoothies, baked goods, and more, you are sure to find something to satisfy your craving while also supporting a fellow UND alumni member. Coffee Company’s hours of operation are M-Th: 7AM - 10PM, F-Sa: 7AM - 8PM, and Su: 8AM - 8PM.
Food & Nutrition Conference Expo

This year five undergraduate students (pictured attending the Opening Session above) and two faculty members from Nutrition and Dietetics attended the annual Food and Nutrition Conference and Exhibition (FNCE) in Houston, TX. The theme for this year’s meetings was Insights into Action. The students attended a number of special sessions that focused on building your resume, nontraditional careers, and using social media. In addition they met students from North Dakota State University, Concordia College in Moorhead, MN and University of Connecticut. The students who attended felt it was very worthwhile and really enjoyed their experiences there. They even brought home around 75 pounds of goodies from the exhibit hall. The two faculty members who also attended were FNCE were Dr. Wanda Koszewski and Doris Wang. Doris attended meetings in regards to education and her role on the ACEND Board. Wanda enjoyed sessions on bringing food back into the forefront of nutrition and dietetics practice. The main point was we get our nutrients from food and we need to get back to food in educating the public on how to eat healthfully.

Student Association of Nutrition & Dietetics (SAND) Update

By Regin Gallagher
SAND President

The Student Organization of Nutrition and Dietetics (SAND) serves as a student networking group within the Department of Nutrition and Dietetics. It also is a source for service-learning hours on campus and in the greater Grand Forks community. This semester, SAND focused on Project Connect as our main service-learning project, while offering many smaller service-learning opportunities from August to December. We participated in the Student Involvement Expo during the second week of the semester. Five SAND members went to the Food and Nutrition Conference and Expo down in Houston, Texas in October. We recently began selling department clothes as a fund raiser. Funds will be used for a wide array of activities, including intradepartmental social gatherings and sending N&D students to national nutrition conventions and conferences. Another fun filled activity SAND sponsored was “Clash of the Cakes” at Culinary Corner in the UND Wellness Center. SAND members and N&D faculty decorated cakes while blindfolded and guided by the verbal directions of their non-blindfolded partners. Next semester, SAND plans to focus on amplifying on-campus nutrition awareness during National Nutrition Month, as well as hosting another intradepartmental social gathering.
Learn How Your Investment Can Make a Difference For You and The N&D Dept.

North Dakota Taxpayers Credit for Gifts to Endowments

Giving to endowments through the University of North Dakota Foundation will help UND better meet the needs of the students and programs that benefit North Dakota communities.

Businesses and financial institutions (C corporations, S corporations, estates, LLC’s and trusts) which make gifts to qualified endowments may qualify for a state income tax credit which amounts to 40% of the value of the gift, up to a maximum credit of $10,000 per year. Any unused credit may be carried forward for up to three taxable years.

Planned gifts by individuals qualify for an income tax credit of 40% for gifts up to $10,000 per person, $20,000 for a married couple with any excess unused credit to carry forward for three years. An individual may receive a 40 percent tax credit for contributions of $5,000 or more (lump sum or aggregate in one year) to a qualified North Dakota endowment. If a donor is in a 28 percent federal tax bracket, the tax benefit may look like this:

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<tr>
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North Dakota Charitable Match Legislation

NDCC 15-10 is a catalyst for private charitable giving to the University of North Dakota Foundation, furthering UND’s educational mission of creating an Exceptional UND. Through Dec. 31st, 2014, the State of North Dakota will match $1 for every $2 raised by the Foundation on gifts over $50,000 to endowments. For Example, an endowment of $50,000 could grow to $75,000 through this legislation. Matched funds are limited, so act quickly.

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<tr>
<td>Total Annual Commitment:</td>
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College Holds First Annual Scholarship Reception

The College of Nursing & Professional Disciplines held its first annual College wide reception to honor students who had received scholarships for the 2013-2014 academic year. Students, faculty and staff from all three departments were in attendance as were several persons who have donated to the scholarship funds.

During the reception, the audience was able to hear from Dean Light and Director of Development Andrew Bjerke about the importance of giving back to the College.

For Mr. Bjerke, honoring our scholarship winners was an excellent opportunity to show the ties between current students and our alumni. At homecoming this year we had an opportunity to celebrate our passionate students and our amazing alumni and friends in the first annual CNPD scholarship reception. The scholarship award ceremony, highlighted the amazing impact that investors have on students’ lives and the future of the College of Nursing and Professional Disciplines. To our amazing students we say “Congratulations” and to our donors we say a heartfelt “Thank You” Several nursing students were also granted the opportunity to speak about how the scholarships had personally influenced their lives as well as their ability to attend UND.

The following are scholarship recipients from the department:

Erin Wysocki – Junior in Community Nutrition – Grand Forks, ND
Kelly Morrow – Pre-Dietetics - Hutchinson, MN
Katie Olson – Junior in Dietetics – Roseau, MN
Stephanie Scott – Senior in Dietetics – St. Louis, MO
Jenny Dinius Schmidt – Senior in Dietetics – Langdon, ND
Carly Monroe – Senior in Dietetics – Melrose, MN
Allison Reuer – Junior in Dietetics – Baxter, MN
Ashley Pauna – Pre-Dietetics – Bemidji, MN
Maggie Yutrzenka – Senior in Community Nutrition – Glenwood, MN
Gina Villani – Senior in Dietetics – Milwaukee, WI
Paige Scherer – Senior in Dietetics – Beulah, ND
CONTACT INFORMATION:

Would you like to reconnect with other alumni? Do you want to contribute to the department, but are unsure how? Are there events or stories you would like to see included in the Spring & Fall Newsletters? Then send us a message! We are always happy to hear from our alumni and want to highlight your professional developments as much as possible!

Department of Nutrition & Dietetics
O’Kelly Hall, Room 20
221 Centennial Drive, STOP 8237
Grand Forks, ND 58202
Phone #: (701) 777-2539
Fax #: (701) 777-3268

Our Director of Development is often on the move across the nation reconnecting with Alumni from our College. Andrew Bjerke remains committed to serving our College and Alumni in any and all capacities. If you would like to speak with Mr. Bjerke about alumni events, donations to the College, or meeting with him when he is in your area, you can contact him at:

UND Alumni Association and
UND Foundation
3501 University Ave. Stop 8157
Grand Forks, ND 58202-8157
Phone #: (701) 777-1428
(800) 543-8764
Fax #: (701) 777-2416