



WASHINGTON STATE
ACADEMY OF NUTRITION AND DIETETICS

THE FOOD AND NUTRITION EXPERTS

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Academy of Nutrition and Dietetics

2017 Award Recipients

**Honored April 24, 2017
Yakima, Washington**

2017 WASHINGTON STATE ACADEMY OF NUTRITION AND DIETETICS AWARDS

Today we recognize the efforts and accomplishments of our outstanding peers, colleagues and students. Once again, your Washington State Academy Board would like to thank the district representatives and individuals who submitted nominations this year. Thanks also to each nominee for following through with the fairly extensive on-line application process.

Beginning last fall, information about the Washington State Academy and the Academy of Nutrition and Dietetics awards was distributed to each of our district dietetic associations, along with a request for nominations. Awards information was also posted on the Washington State Academy website at www.eatrightwashington.org. To select our award recipients, panels of Washington State Academy board members reviewed all applications, using standardized scoring.

We encourage you to consider nominating someone next year!

- Remember that as a Washington State Academy member, you may nominate someone through your district association or on your own
- If you feel that a nominee that didn't receive an award was a good candidate, it is very appropriate to re-nominate her/him

Lastly, if you have any suggestions to improve our award process, please let us know. We strive to update and streamline the process each year and will welcome your input.



Michelle Hagan, MS, RD, CD
Awards Chair

OUTSTANDING DIETITIAN OF THE YEAR
Anne Lund, MPH, RD



The Washington State Academy of Nutrition and Dietetics is proud to honor Anne Lund, a Seattle resident, as Washington State's Outstanding Dietitian of the Year for 2017. This award is the most prestigious recognition that the Washington State Academy can give. The award honors a dietitian who has demonstrated leadership and who has served as an outstanding role model of professionalism and as a source of inspiration to others in dietetics.

Ms. Lund is the Director of the Graduate Coordinated Program in Dietetics (GCPD) and a Lecturer for the Nutritional Sciences Program at the University of Washington. Anne's strong leadership skills are evidenced in this position as she has streamlined the GCPD program for the MS and MPH students and Ms. Lund has served as a mentor or thesis committee member for over 100 graduate

students. A letter of recommendation states, "Ms. Lund's direction of the UW Coordinated Program stands out as exceptional." Anne was recognized for her noteworthy contributions when she received the Outstanding Dietetic Educator Award from AND in 2015.

Anne has also made significant contributions to our profession and organization. Ms Lund currently serves as Treasurer for the Washington State Academy and serves on the Nutrition Advisory Committee for the University of Washington Medical Center. Additionally, Ms. Lund is a Program Reviewer for the Accreditation Council for Education in Nutrition and Dietetics (ACEND) and has served in this position since 2015. Anne participates as a volunteer/board member for many local organizations but has also served on the Nutrition Care Process (NCP) work group for the Academy as well as on the International Dietetics and Nutrition Terminology (IDNT) Advisory Panel and the Social Ecological Model (SEM). Ms. Lund has made significant research contributions in the area of school health and wellness, published several research articles, presented at several conferences and symposiums, and has a strong funding history for university research projects. A letter of recommendation states, "(Anne's) commitment to nutrition and public health is commendable, both in her academic work and in her many volunteer and community roles."

"Anne is deserving of this award given her commitment to dietetic education, her leadership, mentorship, and continues service both in the community and with the Academy" a letter of recommendation states. "Given my immense admiration for the work she accomplishes, I strongly recommend Anne for this award. "

PAST ODY RECIPIENTS:

YEAR	RECIPIENT	YEAR	RECIPIENT	YEAR	RECIPIENT
1983	Nancy Burgel	1994	Virginia McMulkin	2006	Annie Frederick
1984	Kaye Funk	1995	Martha Peppones	2007	Michelle Weinbender
1985	Colleen Matthys	1996	Paula Hudon	2008	Caroline Steele
1986	Luanne Anderson	1997	Susan Lukacs	2009	Barbara J. Pyper
1987	(None)	1998	Elaine Reid	2010	Debe Nagy-Nero
1988	Ruth McDonald	1999	Betty Lucas	2011	Nancy James
1989	Gladys Jennings	2000	Ethan Bergman	2012	Karen Barale
1990	Dorothea "Dottie" Nicholson	2001	Paula Charuhas	2013	Kathy Dirks
1991	Margaret Brown	2002	Carol Griffith	2014	Janet Beary
1992	Marilyn Guthrie	2003	(None)	2015	Louise Peck
		2005	(None)	2016	Angel Planells

PAST RYDY RECIPIENTS:

YEAR	RECIPIENT	YEAR	RECIPIENT	YEAR	RECIPIENT	YEAR	RECIPIENT
1978	Cheryl Marshall	1987	Perri Bernard	1996	Julie Mahler	2006	Jennifer Helms
	Sue Foise		Lisa Meusborn		Julie Muelheim		Sarah Zarelli
1979	Polly Lenssen	1988	Cheryl Johnson	1997	Nikki Kettles	2007	Lisa Grentz
	Jennifer Parenteua		Megan Veldee		Caroline Swenson		Andrea Hill
1980	Judy Larsen	1989	Jacqueline Beard	1998	Jennifer Newman	2008	Heidi Roberts
	Margaret Gross		Kathy Dirks		Michelle Hagan		Kristen Rezabek
1981	Marilyn Guthrie	1990	Janis Harsila	1999	Annie Frederick	2009	Bobbi Jo Rettman
	Jean Sloan		Terri Trisler		Kim Robien		2010
1982	Barbara Himes	1991	Linette Jurdy	2000	Wendy Weyer	2011	Michon Williams
	Rebecca Esvelt		Leslie Thomson		Susette Gjovik		2013
1983	Mari Chapman	1992	Victoria Warren	2001	Marybeth Roberts	2014	Amy Frasier
	Chelene Campbell		Elaine Reid		Katie Thorne		2015
1984	Debra Thumser French	1993	Kathy Marlon	2002	Mary Jennings	2016	Maureen Chomko
	Carol Melby		Shelly Nagle		Beth Ogata		2016
1985	Kathleen Clark	1994	Paula Charuhas	2003	Holly Trujillo		
	Alison Becker Evert		Julie Drzewiecki		2004	Kelly Frederick	
1986	Laurie Ditton	1995	Mary Paeth	2005	Amy Myrtue		
	Barbara Eldridge		Denise Zimmer				

**RECOGNIZED YOUNG DIETITIAN OF THE YEAR
MARISSA BECK, MS, RD**



The Washington State Academy of Nutrition and Dietetics is proud to honor Marissa Beck, a Seattle resident, as the Recognized Young Dietitian of the Year (RYDY) for 2017. The purpose of the annual RYDY award is to recognize the competency and activities of young dietitians in the Academy of Nutrition & Dietetics, while also encouraging continual member participation in Association affairs

Ms. Beck is a Registered Dietitian Nutritionist at Pro Sports Club Seattle where, in addition to her other responsibilities, she leads a medical based weight loss program. Marissa also provides nutrition and health counseling as well as freelance writing for consumer,

trade and healthcare professional publications through her personal business.

“Chief among her professional qualities are her focus on ethics and evidence-based dietetic practices, devotion to behavioral change in and out of the workplace, and strong commitment to elevating the field of dietetics to enable RDNs in all areas of nutrition messaging and policy changes,” a letter of recommendation states. This exemplifies the contributions to the dietetics field that Ms. Beck is being recognized for. Marissa has held board positions for the Greater New York Dietetic Association and American Heart Association and currently serves as President for the Greater Seattle Dietetic Association and is active in several DPGs. Additionally, Ms. Beck developed and launched a health and wellness promotion program, wrote articles for several national publications and presented at national conferences.

“With her various experiences as the Newsletter Editor for the Greater New York Dietetics Association, mentorship nationally to other Dietitians in the corporate workforce, and her strategic leadership at the PRO Sports Club in Seattle, she brings the highest level of expertise as a committed dietetic leader and role model,” a letter of recommendation states. “Marissa's leadership goes beyond her excellent management skills, knowledge and experience. Her patience in helping others grow as professionals and joyful personality make her exceptional. It is for all of these reasons I wish to recommend Marissa Beck as Young Dietitian of the Year.”

**EMERGING DIETETIC LEADER
BEN ATKINSON, MS, RDN, CD**



Ben Atkinson, a Kent resident, has been chosen to receive the 2017 Emerging Dietetic Leader Award. This award recognizes the competence and activities of members, regardless of their age, who are at the beginning of their dietetic careers. Members receiving this honor have supported 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.

Ben is the Manager of Ambulatory Nutrition, Informatics & Wellness; Food & Nutrition Services, Harborview Medical Center. In this position, Ben oversees the Ambulatory Care Nutrition Program which assures evidence-based dietitian services for over 19 outpatient clinics. Ben also manages the department informatics systems and is manager of wellness activities where Ben promotes healthy eating throughout the UW Medicine System with food demonstrations, articles, video messaging and is working to establish an on-site garden. Ben is also the co-chair of the Bike Club and manages an on-site farmer's market.

Ben's leadership is expressed in many different ways. Ben is currently President-Elect for the Washington State Academy of Nutrition and Dietetics and has held many positions at the local and state levels. Ben has also served as Secretary for the Infectious Disease Nutrition DPG. Additionally, Ben serves as an Advisory Board member for the Department of Nutrition and Exercise Science at Bastyr University and has been a reviewer for national journal publications. Furthermore, Ben has several research articles published in peer-reviewed journals. Ben has presented both nationally and internationally.

Ben has previously been recognized for his leadership in the dietetics profession as he was chosen as the recipient for the Excellence in Clinical Practice Award for WSAND in 2014 and received the 10x10 Informatics Education Grant from the Academy of Nutrition and Dietetics Foundation and Judy Ford Stokes Memorial Award Fund.

A letter of recommendation states, "Ben exemplifies and demonstrates the qualities that are required for a superior leader and, while early in his career, he is still able to demonstrate superior management skill and would be an ideal candidate for this award."

COMMUNITY PRACTICE AWARD FOR EXCELLENCE
JUDY SIMON, MS, RDN, CD, CHES



The Washington State Academy is pleased to honor Judy Simon, a Redmond resident, with the 2017 Community Practice Award for Excellence. This award was established in 1990 to promote member worth and to acknowledge the professional contributions of community practitioners in Washington State.

Ms. Simon is the owner of Mind Body Nutrition, PLLC where she does private practice nutrition counseling specializing in Reproductive Nutrition. Judy also works as a clinic nutritionist for the University of Washington Medical Center-Roosevelt Clinic and is a Clinical Instruction and Preceptor for the University of Washington Department of Nutritional Sciences.

Ms. Simon is recognized for her contributions to community nutrition and the dietetics community. Julie co-authored a paper, “The Role of PCOS in Metabolic Health: Overview and Approaches for Treatment;” presented at the American Society of Reproductive Medicine Scientific Congress and Expo on “Healthy Women, Healthy Babies: Maximizing Overall Health to Improve Fertility Outcomes”. Ms. Simon is a nationally recognized expert for patients with fertility issues, PCOS and eating disorders and does speaking engagements and media interviews on these topics. Additionally, Judy teaches classes in the University of Washington Nutrition graduate program and was named outstanding mentor and preceptor by the UW GCPD class of 2016. Furthermore, Ms. Simon was recognized with a Golden Eddy – an outstanding patient educator award through UWMC – for creating a handout “Nutrition and PCOS.” Finally, Ms. Simon received the Excellence in Practice in Women’s Health Award from the Women’s Health DPG in 2014.

“..Judy is a dynamic clinician who is a strong representative for not just our department but for UWMC and the dietetic profession. She is a compassionate, caring clinician; a credible spokesperson; an avid public speaker; and a trusted and respected mentor for our interns and new employees,” a letter of recommendation states. “She is focused, engaged, and enjoys growing her practices. With her special interest in PCOS, fertility, women's health, and eating disorders, she is increasingly seen as a national expert and pioneer in these fields. I cannot imagine a more deserving candidate for this award.”

MANAGEMENT AWARD OF EXCELLENCE
CATHERINE “KATIE” LEE FARVER, RDN, CD



The Washington State Academy is pleased to honor Katie Farver, an Olympia resident, with the 2017 Management/Consulting Award for Excellence. The Management/Consulting Award for Excellence was established by the Washington State Academy in 2011 to promote members and to acknowledge the professional contributions of management, business and consultant practitioners in Washington State.

Ms. Farver worked as the Director for the Department of Nutrition and Foodservices at Harborview Medical Center and University of Washington Academic Medical Center where Ms. Farver had oversight of a 12-million-dollar budget and 140 FTEs. Katie was also an Affiliate Assistant Professor for the School of Public Health and the School of Pharmacy for the University of Washington and a Preceptor for the Nutrition Sciences Program for UW. Ms. Farver announced her retirement and we congratulate Katie on her retirement and wish her luck in her future endeavors.

A letter of recommendation states, “Ms. Farver has demonstrated leadership in innovative management strategies. Under her guidance, a biweekly produce stand is available for all Harborview staff and visitors. She partnered with Healthcare Without Harm to introduce healthier food to the patient food service, retail food service and vending services as well as reduce plastic bottle use. Ms. Farver supports mentoring/teaching efforts for nutrition management by giving multiple lectures to the UW dietetic students, precepting UW dietetic interns for a management rotation and receiving a precepting award from the UW dietetic interns in 2015. Ms. Farver has multiple publications to her name in such journals as the Joint Commission Journal on Quality and Patient Safety, Pediatric Critical Care Medicine, Critical Care Nursing Quarterly, JPEN and Annals of Surgery.”

“Katie Farver has a long and deep history as a professional speaker, teacher, researcher and advocate,” a letter of recommendation states. “The world of nutrition and dietetics is a better place because of Ms. Farver’s contributions and to a great extent, because Ms. Farver elected to engage in her profession by managing operations and by leading others such as they too can implement best practices and illustrate the power of the science that is the basis of our profession. As a leader and manager, Katie Farver validates the potency of dedicating ones career to Nutrition and Dietetics.”

CLINICAL & RESEARCH PRACTICE AWARD OF EXCELLENCE
JULIE CHURCH, RDN, CD, CEDRD



The Washington State Academy is pleased to honor Julie Church, a Seattle resident, with the 2017 Clinical Practice/Research Award for Excellence. This award was established in 1990 to promote member worth and to acknowledge the professional contributions of clinical/research practitioners in Washington State.

Ms. Church is the Co-Founder, Owner, Nutrition Director, Community Relations Director for Opal: Food+Body Wisdom which is a partial hospitalization and intensive outpatient eating disorder treatment center. Julie supervises and trains the multi-disciplinary staff and provides one-on-one nutritional counseling and leads therapeutic meals for clients in higher levels of care.

Julie exemplifies excellence in the clinical field. In addition to co-founding Opal: Food +Body Wisdom, Ms. Church also created an eating disorder program at Seattle Pacific University. Julie is considered a leading expert in the treatment of eating disorders particularly in the application of Heath at Every Size (HAES) to the treatment of eating disorders. Ms. Church has presented at several national conferences on the topic of eating disorders, developed patient education materials, and is a board member of the Southwest Washington Chapter of the International Association of Eating Disorder Professionals.

“Julie is a deserving recipient of this award given her experience in the creating of two clinical nutrition programs (SPU and Opal), position of leadership as Nutrition Director at Opal, years of supervision and clinical work in eating disorders, creation of patient education material and standout talent as a clinician and speaker,” a letter of recommendation states. “Julie’s boundless energy and willingness to take risks and stand up for what she believes in maker her an exceptional lead in the eating disorder treatment field. She is a most deserving recipient of this award.”

PAST EDL AWARD RECIPIENTS:

YEAR	RECIPIENT	YEAR	RECIPIENT
2000	Donna Parsons	2009	Kendra Swartz
2001	Pam Mahre	2010	Livia Wagner
2004	Judy Heesacker	2011	Marie Millren Tucker
2007	Stacy Lueck	2013	Marissa Claiborne
		2016	April Davis

PAST COMMUNITY PRACTICE AWARD RECIPIENTS:

YEAR	RECIPIENT	YEAR	RECIPIENT
1998	Vivienne Dutzar	2008	Malvina "Annie" Goodwin
1999	Sandi Laney	2009	Michelle Hagan
2000	Lonnie Isaacson	2010	Sue Butkus
2001	Becky Knapp	2011	Lisa Randall
2002	Michelle Weinbender	2012	Lori Tanner
2003	Martha Marino	2013	Laurie J. Schaetzel-Hill
2004	Sharon Feucht	2014	Joan Brookhyser Hogan
2007	Jan Gilliam	2015	Stacey Trogdon
		2016	Chelsey Lindahl

PAST MANAGEMENT PRACTICE AWARD RECIPIENT:

YEAR	RECIPIENT
2016	Adam Pazder

PAST CLINICAL/RESEARCH AWARD RECIPIENTS:

YEAR	RECIPIENT	YEAR	RECIPIENT
1998	Nancy James	2007	Katie Farver
1999	Polly Lenssen	2008	Diane Packard
2000	Johanna Lampe	2010	Lonnie Isaacson
2001	Ruth Patterson	2011	Marilyn Shelton
2002	Susan Scheunemann	2012	Joan Milton
2003	Caroline Steele	2014	Ben Atkinson
2005	Kim Nowak-Cooperman	2015	Megan Nordland

OUTSTANDING STUDENT AWARDS

The purpose of the Washington State Academy's Outstanding Student Award is to recognize the emerging leadership and achievement of students in Academy-accredited and approved dietetic education programs. The Academy of Nutrition and Dietetics established this award in 1994 to recognize students who have demonstrated exceptional academic excellence and leadership in their dietetics program.

Outstanding Student in a Didactic Program

Kayla Thomas



Kayla is pursuing a Bachelor's of Science Degree in Food and Nutrition with a minor in Biology and Chemistry from Central Washington University with an expected graduation date of June 2017

Kayla's achievements are many. Kayla was selected to participate in the Science Honors Program which enabled her to conduct an undergraduate research project which examined the prevalence of obesity among Mexican-Americans and the factors that might contribute to that population's high rate of obesity. During this project, Kayla learned to write code for the SAS Analytic Software used to analyze data and became a resource to other graduate students to help with their programming. Kayla presented her research at the 2016 AND meeting in Boston, MA. Kayla has also volunteered at the Women's and Family Shelter for

the Union Gospel Mission in Yakima, WA and as a Peer Nutrition Educator for CWU. Kayla was a 2016 Shoudy Distinguished Nutrition Scholar Recipient in acknowledgement of her achievements.

"Aside from being a hard worker, intelligent, and highly motivated, everybody I have talked with agrees that she is one of the friendliest and most positive students they have run into," a letter of recommendation states. "I give her my highest recommendation in supporting nomination as an outstanding undergraduate student in a Didactic Program in Dietetics."

Outstanding Student in a Dietetic Internship

Jessica Tyrrell



In acknowledgement of her achievements Ms. Tyrrell has been selected as the Outstanding Student in a Dietetic Internship. Jessica is pursuing a Bachelor of Food Science and Nutrition at Central Washington. As an undergraduate student, Jessica worked FT and pursued her degree while maintaining a 3.62 GPA.

Ms. Tyrrell is recognized for her personal and professional achievements. Jessica was chosen as a Peer Educator Nutrition Educator for CWU and although she had a significant illness during her internship, she remained a positive influence during her rotation and only missed one day of work. Jessica has also had a personal weight loss journey. “She has the unique perspective of walking a mile in her patient’s shoes,” a letter of recommendation states. “Which is among the many fabulous attributes that she will bring with her as an RDN. Jess is SUCH a hard worker; her schedule makes my head spin and she does it all with a calm demeanor and minimal apparent stress.”

A letter of recommendation states, “Caring, compassionate, open to challenges! Always willing to stay late and come early. We could all learn something from Jess and her curious, positive nature. She is pure joy to work with, and will be an extremely successful RDN.”

Outstanding Student in a Coordinated Program

Not Awarded in 2017