



WASHINGTON STATE
ACADEMY OF NUTRITION AND DIETETICS

THE FOOD AND NUTRITION EXPERTS

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Academy of Nutrition and Dietetics

2020 Awards Recognition

Despite the novel coronavirus interfering with our plans to honor our 2020 Award recipients in person, we are still honored to recognize the efforts and accomplishments of our outstanding peers, colleagues and students. 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! To note, there will be some changes to our process, listed below:

- Students can only be nominated by their program coordinators
- Washington State Academy members may nominate someone or themselves through their district association
- You can continue to re-nominate peers who you feel should have been recognized.

We hope to recognize our outstanding award recipients in person when we are able, and we look forward to seeing you at our state conference in the future.

Warmly,

Marissa Beck, MS, RD
Awards Chair

OUTSTANDING DIETITIAN OF THE YEAR

Susan Yake, RDN, CD, CDCES, FAND



The Washington State Academy of Nutrition and Dietetics is proud to honor Susan Yake, as Washington State's Outstanding Dietitian of the Year (ODY) for 2020. This award is the most prestigious recognition that the Washington State Academy can give. The award honors a Registered Dietitian Nutritionist (RDN) 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. Yake is a consultant and Certified Diabetes Educator (CDE) for DayTwo, a company that helps patients manage their blood glucose. She led the Diabetes Education and Care Dietetic Practice Group of the Academy of Nutrition and Dietetics from 2015-2018 and was a clinical dietitian at Naval Hospital Bremerton for 28 years. Ms. Yake has presented many guest lectures for the Navy Family Service, Navy Alcohol Rehabilitation, Naval Hospital Smoking Cessation, the OB/GYN Department, and for Navy ships, boats, and commands over her 28- year

career with the Navy. Often what was most challenging is to keep this population healthy during war time when the staff can be greatly reduced but the number of illnesses increase due to stress. This has not gone unrecognized. Health Promotions Department has won the following group awards: Navy Surgeon General's Blue Health Promotion and Wellness Award 2009, 2010, 2011, 2012, 2013, 2014 Gold Star Award – years 1998 to 2008 Navy's highest award for Health Promotion (now the Blue H Award) 2005 Heroes of TRICARE – from the Pentagon Office of Assistant Secretary of Defense Seattle Federal Executive Board's Public Service Award - May 15, 2002.

Ms. Yake was also a speaker for the 2019 4th National Conference on Prevention of Diabetes at Emory University and a speaker for multiple affiliate meetings including the WA/OR 2019 Educational Conference.

States a letter of recommendation, "Susan is well known for her civil service work as a dietitian at the Naval Hospital in Bremerton. She served enlisted personal as well as veterans, and staff. She provided education, support and advocated for improved protocols in nutrition care which included advances in medications for treatment of diabetes and complimentary testing to determine causes of inflammation and food intolerances. Susan has been a strong advocate for policy change. She served as network Coordinator in public policy legislation and has attended all but one legislative day since their inception. Susan has been a guest speaker at several Dietitian meetings as well as been a trainer and speaker at the Academy's Public workshops in Washington DC. She served as DCE chair year for the Diabetes practice group for 3 years and received their dedicated service award in 2019. Susan has been a mentor, teacher, advocate, and inspiration for dietitians in Washington State and throughout the Academy. Susan is a leader. Susan represents and works to advance our profession wherever she is, including fund raisers, workshop and state conventions."

States another letter of recommendation, "Susan is well-informed and deeply committed to working to advance the priorities of the Washington State Academy. She has visited my office in Washington, D.C. and met with me in my district as well. She is articulate in laying out the public policy issues the Academy is seeking to advance and is capable of explaining the intricacies of an issue to folks without subject matter expertise."

PAST ODY RECIPIENTS

YEAR	RECIPIENT	YEAR	RECIPIENT	YEAR	RECIPIENT
1983	Nancy Beurgel	1995	Martha Peppones	2008	Caroline Steele
1984	Kaye Funk	1996	Paula Hudon	2009	Barbara J. Pyper
1985	Colleen Matthys	1997	Susan Lukacs	2010	Debe Nagy-Nero
1986	Luanne Anderson	1998	Elaine Reid	2011	Nancy James
1987	Not awarded	1999	Betty Lucas	2012	Karen Barale
1988	Ruth McDonald	2000	Ethan Bergman	2013	Kathy Dirks
1989	Gladys Jennings	2001	Paula Charuhas	2014	Janet Beary
1990	Dorothea "Dottie" Nicholson	2002	Carol Griffith	2015	Louise Peck
1991	Margaret Brown	2003	Not awarded	2016	Angel Planells
1992	Marilyn Guthrie	2005	Not awarded	2017	Anne Lund
1994	Virginia McMulkin	2006	Annie Frederick	2018	Sharon Feucht
		2007	Michelle Weinbender	2019	Alison Evert

RECOGNIZED YOUNG DIETITIAN OF THE YEAR

Julie Larsen, PhD, RDN, RCEP



The Washington State Academy of Nutrition and Dietetics is proud to honor Julie Larsen as the Recognized Young Dietitian of the Year (RYDY) for 2020. 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. Larsen maintains dual credentials as a Registered Dietitian Nutritionist (RDN) and a Registered Clinical Exercise Physiologist with the American College of Sports Medicine (ACSM), making her uniquely able to integrate nutrition and exercise science to promote a comprehensive healthy lifestyle. Currently, she is a full-time Instructor at the Elson S. Floyd College of Medicine at Washington State University (WSU). Says a letter of recommendation: “Julie has been instrumental in training her Nutrition and Exercise Physiology students and

other volunteers to extend their health sciences skills to meet the needs of the vulnerable population of Special Olympics athletes. Because of her consistent support of health promotion in this population, her events have been selected as training sites for additional Clinical Directors throughout the nation. Furthermore, she was also volunteered to lead a Health Promotion event for Special Olympics Idaho and train a new Clinical Director for their southern region next June. She embodies and promotes the concept of “inclusive health” whereby all members of our society have the same opportunities to be healthy and to share in the social environment of our communities.”

She also manages the Nutrition and Exercise Clinic at WSU Spokane, which includes recruiting clients, pairing them with students, and supervising all interaction. In her four years in this position, she quadrupled participation among community members and expanded services substantially.

Says a letter of recommendation: “She has demonstrated concern for promoting optimal health and nutritional status among individuals with Intellectual Disabilities through her tireless volunteer work in Special Olympics. As a member of the team of Health Promotion Clinical Directors for Washington, she has helped coordinate Health Promotion screening, education and referral services at multiple events, notably taking the lead position for the national games, several state championships, and the regional spring games. She continuously strives to provide up-to-date, relevant information for this underserved population. In addition, she has been working to increase availability of and access to local follow-up services for athletes after these health screenings.”

Ms. Larsen has also published multiple poster presentations, as well as peer-reviewed publications, and she also serves as the President of the Greater Spokane Dietetic Association.

PAST RYDY RECIPIENTS

YEAR	RECIPIENT	YEAR	RECIPIENT	YEAR	RECIPIENT
1978	Cheryl Marshall	1990	Janis Harsila	2002	Katie Thorner
	Sue Foise		Terri Trisler		Mary Jennings
1979	Polly Lenssen	1991	Linette Jurdy	2003	Beth Ogata
	Jennifer Parenteua		Leslie Thomson		Holly Trujillo
1980	Judy Larsen	1992	Victoria Warren	2004	Kelly Frederick
	Margaret Gross		Elaine Reid	2005	Amy Myrtue
1981	Marilyn Guthrie	1993	Kathy Marlon	2006	Jennifer Helms
	Jean Sloan		Shelly Nagle		Sarah Zarelli
1982	Barbara Himes	1994	Paula Charuhas	2007	Lisa Grentz
	Rebecca Esvelt		Julie Drzewiecki		Andrea Hill
1983	Mari Chapman	1995	Mary Paeth	2008	Heidi Roberts
	Chelene Campbell		Denise Zimmer		Kristen Rezabek
1984	Debra Thumser French	1996	Julie Mahler	2009	Bobbi Jo Rettman
	Carol Melby		Julie Muelheim	2010	Allison Stanton
1985	Kathleen Clark	1997	Nikki Kettles	2011	Michon Williams
	Alison Becker Evert		Caroline Swenson	2013	Lindsay Hays
1986	Laurie Ditton	1998	Jennifer Newman	2014	Amy Frasier
	Barbara Eldridge		Michelle Hagan	2015	Katy Figel
1987	Perri Bernard	1999	Annie Frederick	2016	Maureen Chomko
	Lisa Meusborn		Kim Robien		Chris Vogliano
1988	Cheryl Johnson	2000	Wendy Weyer	2017	Marissa Beck
	Megan Veldee		Susette Gjovik	2018	Bec McDorman
1989	Jacqueline Beard	2001	Marybeth Roberts	2019	Mari O. Mazon
	Kathy Dirks				

EMERGING DIETETIC LEADER

Ginger Hultin, MS, RD, CSO, LDN



The Washington State Academy of Nutrition and Dietetics is proud to honor Ginger Hultin as the Emerging Dietetic Leader of 2020. The purpose of the annual EDL award is recognize the competence and activities of dietitians regardless of their age, who have made distinctive contributions early in their dietetics careers to the Academy of Nutrition and Dietetics.

As founder of private virtual practice, Champagne Nutrition, Ms. Hultin both counsels patients and serves as a media dietitian and Academy Spokesperson. Additionally, Ms. Hultin is an adjunct clinical faculty at Bastyr since 2016 and mentors students, as well offers career guidance through preceptorship at Champagne Nutrition. While at Arivale, she helped connect the team with all legislative and policy-related licensing processes for all dietitians doing telehealth in different states. Ms. Hultin can be spotted on the news and offering cooking and nutrition tips, as well

as providing presentations to dietitians and students seeking nutrition entrepreneurship.

Ginger shares her previous knowledge of leadership and management on the Chicago's dietetic board as well as her three years spent on the Vegetarian Nutrition board with the Greater Seattle Dietetic Association, serving on its board.

Says a colleague: "In addition to the leadership roles that involved Ginger with local dietetic groups, she also continues to educate and mentor nutrition students in the teaching she does at Bastyr University. She teaches both master students in the clinic as well as bachelor students in the classroom. Additionally, she's developed presentations for upcoming and current dietitians about how to make the most of their internship (as preceptor or intern) as well as skills such as how to launch a private practice and how to use social media to support themselves and the profession. Everything that Ginger touches has affirmed her commitment to the dietetics field. She is a true and natural leader for the profession, a go-getter and continues to flourish in her various roles."

PAST EMERGING DIETETIC LEADER AWARD RECIPIENTS

YEAR	RECIPIENT	YEAR	RECIPIENT
2000	Donna Parsons	2011	Marie Millren Tucker
2001	Pam Mahre	2013	Marissa Claiborne
2004	Judy Heesacker	2016	April Davis
2007	Stacy Lueck	2017	Ben Atkinson
2009	Kendra Swartz	2019	Susie Fox
2010	Livia Wagner		

EXCELLENCE IN COMMUNITY PRACTICE AWARD

Rebecca Finkel, MA, MS, RDN, CD



The Washington State Academy of Nutrition and Dietetics is proud to honor Rebecca Finkel for the Excellence in Community Practice Award for 2020. The purpose of the Practice Awards recognizes outstanding registered dietitian nutritionists; nutrition and dietetics technicians, registered; and members who have demonstrated innovation, creativity and leadership in a specific area of practice.

As a graduate student, Ms. Finkel knew that community nutrition would be a focus of her career. The role that community plays in supporting health is well documented and became even more evident during her volunteer experiences working, as a nutrition student, with programs like the Jewish Family Service food bank, Solid Ground's Cooking Matters program and Teen

Feed. Building relationships with these organizations, their staff and clients was pivotal in shaping her career.

After volunteering at JFS for several years she was eventually hired as a subcontractor to lead monthly community dinners and to pilot a farmers market nutrition program for food bank clients. She was first introduced to Odessa Brown Children's Clinic (OBCC), a community clinic of Seattle Children's Hospital, as a volunteer for the Cooking Matters program and went on to work there for more than 6 years, expanding the reach of cooking classes there and building community through cooking and shared meals.

Ms. Finkel also launched a meal team of Bastyr students that was funded through a student-run annual fundraiser that continues today, nearly ten years later. Later in her career as a clinical dietitian at Odessa Brown she was uniquely positioned to bridge clinical and community nutrition practice. One of the best examples of this was as co-chair of the 2016 Seattle Children's Nutrition Symposium which centered on childhood food insecurity. At OBCC she led the effort to implement food insecurity screenings into a pediatric care practice and served as a partner in the Washington State Department of Health's Food Insecurity Nutrition Incentive (FINI) grant from 2015-2019, when OBCC became a pilot site for fruit and vegetable prescriptions.

The FINI grant was in part an extension of a little known partnership that Ms Finkel's clinic had established in 2014 with the Safeway Foundation which was such a success it inspired Safeway to reach out to DOH to scale up its fruit and vegetable incentives for food insecure households across the state. Ms. Finkel has partnered with Seattle Parks and Recreation, Seattle Tilth (now Tilth Alliance), YMCA of Greater Seattle, Northwest Harvest, Seattle-King County Public Health, WithinReach, City of Seattle's Office of Sustainability and Environment and Seattle Public Utilities on community nutrition, nutrition education and most prominently, promoting food security in Seattle/King County.

States a recommendation: "Rebecca is a unique dietician in that she sees beyond the personal interactions she has in the clinic to see the broader picture of systemic inequities that impact a child's health and nutrition. She has developed for our clinic a more comprehensive view of nutrition support that includes access to healthy food, supporting families to learn to cook while building community and new connections, seeing the dignity in everyBODY. She sees the critical role of nutrition in not only health but in building community. Rebecca Finkel is a role model and leader for practicing nutrition in the community."

PAST COMMUNITY PRACTICE AWARD RECIPIENTS

YEAR	RECIPIENT	YEAR	RECIPIENT
1998	Vivienne Dutzar	2010	Sue Butkus
1999	Sandi Laney	2011	Lisa Randall
2000	Lonnie Isaacson	2012	Lori Tanner
2001	Becky Knapp	2013	Laurie J. Schaetzel-Hill
2002	Michelle Weinbender	2014	Joan Brookhyser Hogan
2003	Martha Marino	2015	Stacey Trogdon
2004	Sharon Feucht	2016	Chelsey Lindahl
2007	Jan Gilliam	2017	Judy Simon
2008	Malvina "Annie" Goodwin	2019	Alexandra Bush-Kaufman
2009	Michelle Hagan		

EXCELLENCE IN MANAGEMENT PRACTICE

Heather Watkins, RD, CD, CNSC



The Washington State Academy is proud to honor Heather Watkins with the 2020 Excellence in Management Practice Award. This award 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. Watkins graduated in 2002 with a BS in Organizational Leadership and spent the first 7 years of her career in higher education and healthcare management before going back to school full time to pursue a BS in Dietetics and become a dietitian. Currently, she works for Providence Infusion and Pharmacy Services in Spokane, WA and leads a group of dietitians and coordinators that provide home nutrition services to individuals on tube feeding and TPN at home. She joined Providence in 2016 in this role and in the 3.5 years, has grown the team from 1.8 RDs and 1 coordinator to 11 RDs and 3 coordinators. She also helped open a regional office in the Tri-Cities to better care for patients in the southeastern WA/northeastern OR corridor. When she started, the patient census was around 200 patients and now they serve over 1000 (75% of the census are pediatric patients).

Ms. Watkins served as the Washington State Academy Treasurer from 2017 - 2019, President Elect 2019-2020, and is expected to be President: 2020-2021.

States a letter of recommendation: "If not familiar with the world of home infusion, let me paint you a picture of one example and how Heather's skills and strengths as a manager and leader not only rose to the top but raised the bar for our community on how home infusion should be done. Normal intake in a month is about is 30-35 new referrals for home nutrition services on top of managing existing patients. A local infusion company closed after 30 years of serving the community and Heather and her team had over 300 new patients in under a month. Heather moved with lightning speed and hired new dietitians, hired new support staff, and all the while did direct patient care and ensured all new patients' needs were met. She led her team from serving a patient census of only 200 in 2016 to now over 1000. And through her leadership and management and her promotion of excellence she continues to grow her business. Heather is truly gifted in taking a vision and making it a reality. What makes her an exceptional manager is that she has the skills to lead her team and get them excited and participating. Heather doesn't manage by "just doing it herself" but instead by applauding those around her, seeing the strengths in those she is leading and building on those strengths. She makes the impossible possible in a seamless manner."

PAST EXCELLENCE IN MANAGEMENT PRACTICE AWARD RECIPIENTS

YEAR	RECIPIENT
2016	Adam Pazder
2017	Katie Farver
2018	Kelsey Thomas

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
		2017	Julie Church

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 Coordinated Program in Dietetics Emahlea Jackson



The Washington State Academy is proud to honor Emahlea Jackson with the 2020 Outstanding Dietetics Student in a Coordinated Program in Dietetics. Jackson is pursuing a Master of Science in epidemiology and Master of Public Health in Nutritional Sciences from the University of Washington with an expected graduation date of June 2021.

Jackson started out volunteering as a Registered Dietetic Technician/Public Health Nutritionist (NDTR) at a health clinic that served the vulnerable low-income population. Currently, she is completing a research project through Seattle Children's Research Institute where she is looking at the association between household food security and disordered eating behaviors in youth and young adults with type 1 or type 2 diabetes. Outside of her research, she is a student representative for the UW Dietetics program for both the Greater Seattle Dietetic Association and the Washington State

Academy.

During her undergraduate experience, she has worked as a teaching assistant, and has also completed many presentations and speaking engagements for both her department at SPU and UW and as an alumni for SPU.

States a letter of recommendation, "Emahlea has highlighted her many talents in previous awards for Outstanding Teaching Assistant Award from UW, Outstanding Dietetics Student of the year from the Washington State Academy and Outstanding Leadership Award from SPU."

Outstanding Student in a Dietetic Internship
Zella Hanson



The Washington State Academy is proud to honor Zella Hanson with the 2020 Outstanding Student in a Dietetic Internship award. Hanson received her Bachelor of Science in Dietetics from Central Washington University, 2019 and is expected to complete her dietetic internship at Central Washington University (CWU) in July 2019.

Ms. Hanson is recognized by her professors, preceptors and peers for her myriad achievement, immersing herself in clubs and activities.

States a letter of recommendation, “Zella Hanson has been such a monumental face amongst CWU dietetics students for several years and is an obvious choice for a nominee for this award. The President’s United to Solve Hunger (PUSH) student club on campus was pioneered by Zella and many of our successes can be attributed to her hard work and determination.”

States another letter of recommendation, “In the last two years, under Zella's leadership, PUSH has accomplished many effective programs to help

solve

hunger. She was instrumental in stocking mini-pantries across campus where students who are hungry can pick up a protein bar, or a can of soup to take home with them to stave off immediate hunger. Zella has also worked diligently to help replenish funds on the meal cards of students who run out of meal money during the quarter. This effort helps students, usually towards the end of the quarter, who are out of funds on their meal card...Zella has also been the main player in working with the local food bank, Friends in Service to Humanity (FISH), to bring a van on campus so that students with more significant needs may pick up larger supplies of food for themselves and their families...She is intelligent, industrious, and innovative. Ms. Hanson works on a project with minimal supervision and create an excellent outcome.”

States an additional letter: “Zella is an excellent intern. She demonstrates skills and that would suit her well in the management field. Her composure, confidence and motivation are beyond a beginning intern.”

Outstanding Student in a Didactic Program in Dietetics
Trey Hill



The Washington State Academy is proud to honor Trey Hill with the 2020 Outstanding Dietetics Student in a Didactic Program in Dietetics. Mr. Hill is pursuing his Bachelor of Science in Food Science and Nutrition at Central Washington University, maintaining a 4.0, while also maintaining part-time employment as a dietary aide at Kittitas Valley Healthcare Community Hospital.

He is active in the community, volunteering at the local food bank and collecting food for on-campus food pantries. As the president of the Central Washington University Nutrition Science Club, he has devoted a large amount of time toward community engagement, planning, organizing, and leading team members. Examples of events that Mr. Hill has coordinated include volunteering to teach childhood nutrition at elementary schools, setting up preparations to fund club members to attend state nutrition conferences, educating the community about nutrition and food waste, and

holding fundraisers selling healthy food.

Mr. Hill is also a Peer Nutrition Educator on campus through a for-credit program in which he takes on clients and provides one-on-one education to college students attempting to eat well.

States a letter of recommendation: “Trey is very passionate about helping others and this clearly comes across in his caring nature. He has been actively involved in the Nutrition Science Club on campus (currently serving as President) as well as with the Presidents United to Solve Hunger (PUSH) Club. Both clubs are very active on campus; organizing fund raisers and food drives, and volunteering in the community. Trey is also in the Peer Nutrition Educator (PNE) program. If accepted [into PNE], they are taught motivational interviewing skills and charting techniques, which they then apply to peers seeking out nutrition advice on campus. I believe this to be a valuable experience for students pursuing a career in dietetics as they will be implementing many of these skills in their future practices. While Trey has not yet determined which field of nutrition he plans to specialize in, I have no doubt that he will have a future successful career in the field of dietetics.”