

2023 Awards Recognition

The Washington State Academy of Nutrition and Dietetics annual Awards program recognizes individuals who have demonstrated exemplary commitment and contributions in the field of nutrition and dietetics. We are 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. Thank you 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 posted on the Washington State Academy website and communicated to all members via email and social media communications. To select our award recipients, a panel of Washington State Academy board members reviewed all applications, using standardized scoring.

We encourage you to consider nominating someone (or yourself) next year! You can begin the process as early as you have a nominee in mind. Please take note of the following:

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

We are excited to celebrate these exceptional members.

Warmly,
Jacqueline Little, MS, RD
Awards Chair

OUTSTANDING DIETITIAN OF THE YEAR

Julie Larsen, PhD, RDN, ACSM-RCEP®



The Washington State Academy of Nutrition and Dietetics is proud to honor Julie Larsen, as Washington State's Outstanding Dietitian of the Year (ODY) for 2023. 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.

Julie earned her Doctor of Philosophy degree from Washington State University and now she teaches and manages the Nutrition and Exercise Physiology (NEP) Clinic. Dr. Larsen has provided long-time, exceptional service to the Washington State dietetic community through a variety of roles including Greater Spokane Dietetic Association President, Health Promotion Clinical Director for Special Olympics Washington, and Division of

Nutrition, Physical Activity, & Obesity Traineeship – Academic Leader for the Centers for Disease Control and Prevention, are just a few. Interestingly, she managed the dining room staff for a weeklong summer camp of 400-450 people each year where she was able to advance her foodservice management skills in an exciting environment for nearly a decade.

Her professionalism, integrity, and leadership in all that she does and stands as a pillar in the Inland Northwest region. Her significant contributions to our professional body of knowledge through original research regarding exercises in oncology patients and continues to be a shining example of the impact exercise-based dietitians make. Through her work as a professor, Dr. Larsen continues to inspire greatness in her students by holding everyone to a high standard while simultaneously making them feel supported and capable. Now, she is the Bachelor Degree Program Director, Chair of the Curriculum Committee, and Chair of the Admissions Committee. She has three published papers, has been a speaker and volunteered when invited. She is Outstanding.

PAST ODY RECIPIENTS

YEAR	RECIPIENT	YEAR	RECIPIENT	YEAR	RECIPIENT
1983	Nancy Beurgel	1997	Susan Lukacs	2011	Nancy James
1984	Kaye Funk	1998	Elaine Reid	2012	Karen Barale
1985	Colleen Matthys	1999	Betty Lucas	2013	Kathy Dirks
1986	Luanne Anderson	2000	Ethan Bergman	2014	Janet Beary
1987	Not awarded	2001	Paula Charuhas	2015	Louise Peck
1988	Ruth McDonald	2002	Carol Griffith	2016	Angel Planells
1989	Gladys Jennings	2003	Not awarded	2017	Anne Lund
1990	Dorothea "Dottie" Nicholson	2005	Not awarded	2018	Sharon Feucht
1991	Margaret Brown	2006	Annie Frederick	2019	Alison Evert
1992	Marilyn Guthrie	2007	Michelle Weinbender	2020	Susan Yake
1994	Virginia McMulkin	2008	Caroline Steele	2021	Shaekira L. Niehuser
1995	Martha Peppones	2009	Barbara J. Pyper	2022	Michelle Hagen
1996	Paula Hudon	2010	Debe Nagy-Nero		

RECOGNIZED YOUNG DIETITIAN OF THE YEAR

Megan M. Houchin, MS, RDN, CD



The Washington State Academy of Nutrition and Dietetics is proud to honor Megan Houchin as the Recognized Young Dietitian of the Year (RYDY) for 2023. 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.

Megan graduated from Marywood University with a master's in Human Nutrition with an emphasis on Health Promotion and Wellness, a coordinated program in Pennsylvania where she also completed. Her bachelor's degree in food science from Seattle Pacific University along with her associate degree in baking and pastry from the Art Institute of Seattle uniquely positions her with food-production systems knowledge. She now works with Homage Senior Services, which runs the Meals

on Wheels and Congregate Dining programs for Snohomish County. She was their community kitchen coordinator and received the 2018 Outstanding Service Award.

Going to Washington DC to advocate and speak directly with congressmen and women about nutrition policy fueled her passion. In addition, she serves on the board of the Washington State Academy of Nutrition and Dietetics as the newsletter editor to spearhead bi-monthly state newsletters to help optimize communication amongst members. She participates in multiple capacities, from a writer for the Commission on Dietetic Registration, helping develop questions for the RDN licensing exam, to the time she commits at the yearly Thanksgiving event for seniors, preparing the set-up the day before and participating in organizing the meal assembly line. Megan's deep interest in the role nutrition plays in the health of the nation is clearly seen.

PAST RYDY RECIPIENTS

YEAR	RECIPIENT	YEAR	RECIPIENT	YEAR	RECIPIENT
1978	Cheryl Marshall	1990	Janis Harsila	2003	Beth Ogata
	Sue Foise		Terri Trisler		Holly Trujillo
1979	Polly Lenssen	1991	Linette Jurdy	2004	Kelly Frederick
	Jennifer Parenteua		Leslie Thomson	2005	Amy Myrtue
1980	Judy Larsen	1992	Victoria Warren	2006	Jennifer Helms
	Margaret Gross		Elaine Reid		Sarah Zarelli
1981	Marilyn Guthrie	1993	Kathy Marlon	2007	Lisa Grentz
	Jean Sloan		Shelly Nagle		Andrea Hill
1982	Barbara Himes	1994	Paula Charuhas	2008	Heidi Roberts
	Rebecca Esvelt		Julie Drzewiecki		Kristen Rezabek
1983	Mari Chapman	1995	Mary Paeth	2009	Bobbi Jo Rettman
	Chelene Campbell		Denise Zimmer	2010	Allison Stanton
1984	Debra Thumser French	1996	Julie Mahler	2011	Michon Williams
	Carol Melby		Julie Muelheim	2013	Lindsay Hays
1985	Kathleen Clark	1997	Nikki Kettles	2014	Amy Frasier
	Alison Becker Evert		Caroline Swenson	2015	Katy Figel
1986	Laurie Ditton	1998	Jennifer Newman	2016	Maureen Chomko
	Barbara Eldridge		Michelle Hagan		Chris Vogliano
1987	Perri Bernard	1999	Annie Frederick	2017	Marissa Beck
	Lisa Meusborn	2000	Kim Robien	2018	Bec McDorman
1988	Cheryl Johnson		2001	Wendy Weyer	2019
	Megan Veldee	Susette Gjovik		2020	Julie Larsen
1989	Jacqueline Beard	2002	Marybeth Roberts	2021	Emily Haymond
	Kathy Dirks		Katie Thorner	2022	Brajee Green
			Mary Jennings		

EMERGING DIETETIC LEADER

Grace Ling, MS, RD, CD, CDCES



The Washington State Academy of Nutrition and Dietetics is proud to honor Grace Ling as the Emerging Dietetic Leader of 2022. 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.

Grace has a Master of Science in Nutrition in 2018 from Tufts University in Boston, Massachusetts. She is a clinical dietitian and diabetes educator at Swedish First Hill Diabetes Education Center, where she provides care to people with type 1 and type 2 Diabetes. From their initial diagnosis to adjusting their insulin pumps, she was already the expert in her role. Grace also worked

in Bariatrics at Virginia Mason and even assisted with updating the program's micronutrient supplementation protocols based on the American Society for Metabolic and Bariatric Surgery guidelines. She is highly involved in teaching pre-diabetes classes geared towards individuals without insurance coverage. In addition, she was with the Department of Family Medicine and Research at the University of Michigan where she was an interventionist in a research study that was eventually published.

Her emerging role as a leader in the community started when she had first participated in her local student dietetic association in Massachusetts, as well as when she later took on leadership roles with the Greater Seattle Dietetics Association. Her enthusiasm is evident as she is involved in numerous committees, various programs that address food insecurity, has been a preceptor and even has public policy involvement already.

In the upcoming years, Grace plans on pursuing several more educational certificates and training to continue advancing in the field of dietetics.

PAST EMERGING DIETETIC LEADER AWARD RECIPIENTS

YEAR	RECIPIENT	YEAR	RECIPIENT
2000	Donna Parsons	2013	Marissa Claiborne
2001	Pam Mahre	2016	April Davis
2004	Judy Heesacker	2017	Ben Atkinson
2007	Stacy Lueck	2019	Susie Fox
2009	Kendra Swartz	2020	Ginger Hultin
2010	Livia Wagner	2021	Meredith Freeland
2011	Marie Millren Tucker	2022	Leslie Weidner

EXCELLENCE IN MANAGEMENT PRACTICE AWARD

Kelli Frederick MEd, RDN, CD



The Washington State Academy of Nutrition and Dietetics is proud to honor Kelly Frederick with the Excellence in Management Practice Award for 2023. 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.

Kelli is an expert in clinical nutrition management and is passionate about teaching dietetic students the principles of management, applied to nutrition, exercise and food service systems. She is a true leader as she participates with the Washington State Academy of Nutrition and Dietetics and the Greater Seattle Dietetic association, having held Board positions such as Treasurer, Nominating Chair and of course, Education Chair. She has been honored as Recognized Young Dietitian of the Year too. In addition, she is a Teaching Assistant Professor at the Washington State University where she precepts dietetic students, while inspiring and mentoring them. Kelli is a speaker, a teacher and nutrition support clinician, as well as a researcher, who has presented a poster and has co-authored publications. Her passion to help train and empower dietetic students is imperative for the future of Dietetics.

PAST EXCELLENCE IN MANAGEMENT PRACTICE AWARD RECIPIENTS

YEAR	RECIPIENT
2016	Adam Pazder
2017	Katie Farver
2018	Kelsey Thomas
2020	Heather Watkins
2022	Melissa Molloy

EXCELLENCE IN CLINICAL AND RESEARCH PRACTICE AWARD

Lisa Heneghen, MPH, RD, CNSC, CSO



The Washington State Academy of Nutrition and Dietetics is proud to honor Lisa Heneghen with the Excellence in Clinical and Research Practice Award for 2023. 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.

Lisa is a Clinical Assistant Professor at Washington State University, where she works with students to educate the next generation of dietetics and medical practitioners. Her outstanding original contribution to the body of knowledge regarding nutrition in oncology has allowed her to be an integral part of a project to implement early enteral nutrition (EN) during the peritransplant phase of hematopoietic stem cell transplantation (HSCT) in adult patients at a National Cancer Institute-designated cancer center. Remaining a standard of practice within the institution, the project aims to prevent malnutrition in high-risk patients and educate the

oncology care team, the patients and the caregivers. It has led to quality improvement, advancement of nutrition care for patients, increased interprofessional collaboration and a shift in medical culture.

In addition, her co-developed policy for competency training aimed at nutrition support clinicians provided guidelines to both clinicians and organizations to have standards of practice. Lisa is also the Director of the Nutrition Thread of Medical Education within the Elson S. Floyd College of Medicine, where she collaborates with members of the Department of Medical Education and Clinical Sciences to develop and deliver nutrition lectures and assessment material within the medicine curriculum.

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

EXCELLENCE IN COMMUNITY PRACTICE AWARD

Claudia Hume, MS, RD



The Washington State Academy of Nutrition and Dietetics is proud to honor Claudia Hume with the Excellence in Community Practice Award for 2023. 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.

Claudia is being honored for her long-time, outstanding contributions to the field of dietetics and to her nutrition community. Her 22 years with Head Start and Early Head Start as well as her time working with Washington State University, University of Ohio, and beyond, makes her a true humanitarian. Her self-developed, grant-awarded Farm-to- Early Childhood Program in Spokane has created a partnership that brings local

food and garden education to Head Start classrooms. Her desire to advocate for her passion is seen through her menu work highlighting locally grown food geared towards staff and parents too, teaching them to support local farmers. She has even collaborated with SNAP-Ed and is finalizing a video on local food training in one of the HS kitchens.

Her goal is to share video with all childcare centers in Washington to further promote the importance of connecting with our food systems. Her lifelong work and efforts to the community directly improves the nutritional status of the whole community.

PAST COMMUNITY PRACTICE AWARD RECIPIENTS

YEAR	RECIPIENT	YEAR	RECIPIENT
1998	Vivienne Dutzar	2011	Lisa Randall
1999	Sandi Laney	2012	Lori Tanner
2000	Lonnie Isaacson	2013	Laurie J. Schaetzel-Hill
2001	Becky Knapp	2014	Joan Brookhyser Hogan
2002	Michelle Weinbender	2015	Stacey Trogdon
2003	Martha Marino	2016	Chelsey Lindahl
2004	Sharon Feucht	2017	Judy Simon
2007	Jan Gilliam	2019	Alexandra Bush-Kaufman
2008	Malvina "Annie" Goodwin	2020	Rebecca Finkel
2009	Michelle Hagan	2021	Chris Mornick
2010	Sue Butkus		

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

Daniel Beery



The Washington State Academy is proud to honor Daniel Beery with the 2023 Outstanding Dietetics Student in a Coordinated Program in Dietetics.

Daniel is completing his Master of Science degree in Nutritional Science through the Coordinated program at University of Washington. He is well connected to dietetics through his participation as a Graduate Teaching Assistant for the Nutritional Science Program at his alma mater. His Food Systems Capstone and his work for Nutrition Today, along with his thesis project in the Effects of cocoa extract supplementation on Mental Health is exemplary.

He holds a Bachelor of Science in Biology and Physiology, with a minor in Nutrition and was on the Dean's list for most of his education. He was also an undergraduate research intern with Malik Lab and Seattle Children's Research Institute. His passion is evident through his work as a Nutrition Coordinator at YouthCare's Orion Center through AmeriCorps, where he collaborated with undergraduate students within the Food Systems, Nutrition, and Health major on a capstone project to bring food justice to the center and receiving the AmeriCorps Education Award. His efforts and interests in the connection between nutrition and mood, psychiatric and neurological disorders is fascinating and much needed in the world of Medical Nutrition Therapy and Mental Health. He has been quite vocal in his advocacy for mental health awareness among students and faculty within the involved programs at the University of Washington.

His passion for advocating this sensitive but important topic stems from his own experiences with depression, as well many interactions he's had with youths in the greater Seattle area who were experiencing homelessness. He is deeply committed to improving the health outcomes of underrepresented and disadvantaged populations.

Outstanding Student in a Dietetic Internship
Jessica Burke Benton



The Washington State Academy is proud to honor Jessica Burke Benton with the 2023 Outstanding Student in a Dietetic Internship award.

Jessica Burke is completing her dietetic internship through Central Washington University. She has been well connected to dietetics through her participation with the Washington State Academy of Nutrition and Dietetics as a student board representative, her role in the Nutrition Science Club and through her Graduate Teaching Assistant endeavors.

She has been an exemplary student having maintained a 4.0 GPA throughout her education. Her volunteer work with Elaina Moon's Culinary Medicine cooking classes and with the Yakima Valley Interprofessional Practice and Education Collaborative, as well as with the Yakima Valley Farm Workers Clinic, has allowed her to be well positioned in community nutrition. Her passion for local food and sustainability is evident as she also volunteers at Central Washington University's co-operative garden to harvest vegetables for donating to both student dining and local food banks. She prioritizes maintaining those standards in her own home with her cooking and choice of local ingredients as well as with her personal interests like creative cooking with wild proteins and local seafood.

In addition, she has worked as a server and bartender at high volume restaurants, understanding foodservice and the culinary world. Her research thesis was on the association of weight cycling and insulin resistance, a fascinating topic. In the future, Jessica would like to have her own private practice and integrate recipe development.