

## **Growing Bolder Hunger Summit** ***Reducing Senior Hunger in Iowa***

Blank Park Zoo, Des Moines, IA

May 9, 2017

**Dr. Craig Gundersen** is the Soybean Industry Endowed Professor in Agricultural Strategy in the Department of Agricultural and Consumer Economics at the University of Illinois, is on the Technical Advisory Group for Feeding America, is the lead researcher on Feeding America's Map the Meal Gap project, and is the Managing Editor for *Applied Economic Perspectives and Policy*. He is also a Round Table Member of the Farm Foundation and a Non-Resident Senior Fellow at the Chicago Council on Global Affairs. His research concentrates on the causes and consequences of food insecurity and on the evaluation of food assistance programs, with an emphasis on SNAP.

**Karen K. Ehrens**, RD, LRD, is a health and nutrition consultant, registered dietitian, and policy advocate. Karen consults with the North Dakota Department of Health in preventing chronic disease and collaborative efforts. She serves as Coordinator for the Creating a Hunger Free North Dakota Coalition. Karen is past chair of the Academy of Nutrition and Dietetics Legislative and Public Policy Committee (LPPC) and currently chairs the LPPC Farm Bill Work Group. Karen and her husband, a chef, teach cooking classes together, and live in Bismarck, ND with their teenage daughter. A North Dakota native, Karen holds a Certificate in Public Health from the University of Minnesota, and obtained undergraduate degrees from ND State University and Minot State University.

**Ann Black Ann Black**, Associate State Director, Communications at AARP Iowa. In collaboration with state and national AARP colleagues and volunteers, Ann leads Iowa state office communications efforts to help advance the Association's national and state initiatives, build strategic alliances, and support state volunteer engagement and member relevance. A former reporter for the *Dallas Morning News*, Ann has served as communications director since the Iowa state office opened in 2001. Since 2011, Ann has been involved in helping lead Iowa's AARP Foundation Drive to End Hunger grant activities to increase SNAP enrollment and awareness of hunger among older Iowans.

**Mike Miller** is the Executive Director of the River Bend Foodbank in Davenport, which distributes more than 11 million meals annually through a network of 300 partner agencies in eastern Iowa and western Illinois. Mike studied engineering and business at Purdue University and worked 15 years in industry before beginning his not-for-profit career. He has been involved in hunger relief for more than a decade, having previously served as the Chief Operating Officer of Gleaners Food Bank of Central Indiana, the Vice President of Operations at the Greater Cleveland Food Bank, and prior to that as the administrator of a large church that operated the community food pantry. Mike is currently the Chair of the Iowa Food Bank Association, was appointed by Governor Rauner to the Illinois Commission to End Hunger, is the Secretary of Feeding Illinois, Treasurer of the Quad Cities Food Rescue Partnership, and a Board Member of the Student Hunger Drive.

**Barb Prather**, came to Waterloo in the summer of 1999 to assume the position of Executive Director at the Northeast Iowa Food Bank. Since taking over as Director, the Food Bank has added Kids Café, the Backpack program, Mobile Food Pantries, Summer Feeding, the Elderly Nutrition Program and a

Community Garden. Under her leadership, in 2013 the Food Bank built a new \$6.5 million facility, paid for with predominately private funding sources. In 2016, the Food Bank distributed more food than ever before, topping 8 million pounds of food to member agencies, programs and other food banks. Prior to taking this position she worked for seven years at the Capital Area Food Bank in Washington DC. Prather grew up in Northwestern Minnesota and received a Bachelor of Arts in Business Administration from Concordia College Moorhead, MN in 1987. In May, 1998, she received her Graduate Certificate in Nonprofit Management from George Mason University in Fairfax, VA. Over the years, she has been honored both locally and nationally with leadership awards from the Community, Feeding America and Concordia College. She and her family live in Hudson, IA.

**Carlene Russell**, MS RDN LDN, is a registered and licensed dietitian/nutritionist with expertise in nutrition and health promotion for older adults. She is the Nutrition Program Director at the Iowa Department on Aging where she manages the Older American Act nutrition program and health promotion programs.

**Tim Getty** joined The Heritage Area Agency on Aging as the Regional Nutrition Services Coordinator in 2008, after spending over eleven years in corporate foodservice management. Currently, he oversees the Older Americans Act nutrition program, as well as, other nutrition-related services for Heritage's seven county service region. Tim holds a Master's Degree in Business Administration from Stephens College in Columbia, Mo., and currently resides in Cedar Rapids.

**Jerry Horton** was born and raised on a farm near Osceola, IA. He graduated from the Clarke Community School system in 1960 and spend most of his adult life in sales and business management. Jerry and his wife are the proud parents of 4 children, who have given them 14 grandkids and 13 great grandkids. Jerry enjoys volunteer work and typically gives 30 to 40 hours weekly to food pantry and senior food program activities.

**Julie Tiedeman** is the Senior Companion Program director at Visiting Nurse Service of Iowa. Before serving in her current role (2007-present), Julia served as a community-based mental health nurse. She has served seniors for the past 12 years.

**Marj Johnston** has served with the Visiting Nurse Services of Iowa Senior Companion Program for eight years. Before retiring, she was a registered nurse and served in a multitude of capacities including a nursing home director of nursing. Marj enjoys serving as a Senior Companion volunteer, and is a strong advocate when clients need help accessing services.

**Sarah L. Francis** is an Associate Professor and Human Sciences Extension and Outreach State Specialist, Nutrition and Wellness. She completed her dietetic internship and received her Masters of Health Sciences from Western Carolina University and earned her PhD in Nutrition with a nutrition education emphasis from the University of North Carolina at Greensboro. She is a registered dietitian who has worked in a variety of dietetic settings, both local and international in the areas of nutrition and health education program and material development. Prior to arriving at Iowa State University, she worked in a variety of clinical and community nutrition positions, served as a United States Peace Corps Volunteer in Turkmenistan and worked as a Nutrition and Food Safety Extension Educator at the University of Wyoming. Her research and Extension programming focuses on the design and evaluation of theory-based nutrition and health education programs and materials for older adults and limited resource audiences using Social Marketing Theory (SMT) principles. The overall goal of her research is to develop

nutrition programs and materials that produce measurable behavioral change. Dr. Francis is a member of the Society for Nutrition Education and Behavior, Academy of Nutrition and Dietetics and the American Society of Nutritional Sciences.

**Michael Christl** is a native of northern Nevada (the state – not Nevada, Iowa) and an Iowa transplant (twice - this is his 2nd tour). Michael is an entrepreneur/business owner who returned from NYC to pursue what he thinks he's supposed to do with his life (because the voice repeating the message just won't go away) - which is to raise grass-fed cattle for beef and leather production. As a Drake Neighborhood resident and association board member, Michael was tapped to help bring back the Drake Neighborhood Farmers Market in 2016 and is serving as President of the market for a 2nd year to provide those living in and around Drake access to fresh, local, nutritious food so that this basic need can be fulfilled in a quasi-food desert.

**Dr. Holly Melahoures** is from Homer Glen, IL (a southwest suburb of Chicago) and graduated from Loyola University Chicago with her Bachelor of Science. Mr. Melahoures migrated to Des Moines in 2001 to attend Des Moines University where she got her D.O. degree. She did her residency at the University of Iowa – Des Moines at Iowa Methodist Medical Center in Internal Medicine. She practiced as a hospitalist for 9 years with a total of 12 years of clinical experience. Holly is a PROUD extensivist with CareMore. She enjoys cooking, traveling, sports, music, theatre, and spending time with her family and friends in her spare time.

**Doris Montgomery, MS RDN LD**, is a public health nutritionist for the Iowa Department of Public Health. She is the state coordinator for the Iowa Nutrition Network, a SNAP-Ed health promotion program serving low-income populations.

Doris has collaborated with local, state and national partners on a variety of nutrition projects for 18 years. Having the opportunity to build long-term relationships with colleagues has been, and continues to be, one the most enjoyable aspects of her job.

Today, Doris will tell us about *Fresh Conversations*, a nutrition education program involving three key partners: The Department of Public Health, Department on Aging, and Iowa's Area Agencies on Aging. *Fresh Conversations* is offered in Iowa at over at over 110 congregate meal sites but Doris expects that number will grow—even beyond Iowa's borders. SNAP-Ed programs in at least two other states are piloting the program this year.

**Paola Michel** is originally from Mexicali, B. C. Mexico. She graduated from Administration Public and Politics Sciences in the Autonomy University of Baja California. Paola is married, her husband Angel is from Cuba, and together they have a son named Giovanni.

At the moment, Paola is a Fitness Specialist at the Fitness and Health Center from Buena Vista Regional Medical Center. She is also part of SALUD -Multicultural Organization, Iowa Kids Net Ambassador, Refugee Rise AmeriCorps member for The Bridge of Storm Lake.

**Narayan Rizal** was born in Bhutan, a small Himalayan country landlocked between China and India. Due to political circumstances in the country, Narayan fled with his parents in 1992 when still a little boy of playing age. He lived in a refugee camp in eastern Nepal in very rough conditions—without proper medical care and nutrition. Narayan considers himself lucky to get proper education, including a Bachelor's degree in math and science from North Bengal University, India in 2006.

Narayan came to America in 2009 as a refugee and immediately started to work for a community organization. He is a founding member of the Bhutanese community of Iowa (BCI) as well as the Hindu Cultural and Educational Center (HCEC) of Iowa; nonprofit organizations. Currently, he serves as a treasurer of HCEC. In addition, Narayan participates in running ESL classes, citizenship classes and ethnic Nepali language classes to help needy individuals and families become self-sufficient. Narayan is a committed volunteer, working weekly to strengthen hope among the elderly, to bridge gaps among communities and to solve barriers to survival, learning, and development. To reduce isolation, engage people, teach moral values, bridge language and cultural gaps Narayan conducts weekly spiritual healing activities which he began in 2014.

Narayan provides elderly case management services for seniors in Lutheran Services in Iowa since 2012. He also has worked as a health care provider and interpreter in different sectors. He follows his passion to help those who need him, especially elders from his homeland, their children and grandchildren.