

THE MODMM

THE MINNESOTA ONCOLOGY DATA MANAGERS MONITOR

PRESIDENTS MESSAGE

UNITED WE STAND

APRIL 18-21, 2012

What an honor and blessing it was for me to attend the NCRA Convention in Washington, D.C. representing our state of Minnesota and MCRA.

Having experienced my first convention two years previous in Palm Springs, I had a better understanding of the ins and outs of such a large convention. I can't imagine how overwhelmed I would have been in D.C. otherwise.

The Gaylord National Resort was not like any other hotel, it was a city within itself. There were wonderful courtyards, gardens, food and an amazing view of The Potomac River. The weather was lovely and I was able to enjoy it a bit amongst three very full days of learning.

When I arrived Wednesday, I was invited to sit in on a learning and preparation class for the next days' adventure of visiting Capitol Hill. I have never thought of myself as a political advocate but that is exactly what this adventure to Capitol Hill was all about.

We learned that in order to have a meeting with a legislator, we needed to have a reason/want to address them, in hopes our legislator would be voting in our favor in the near future. I was informed that the administration was trying to combine cancer funding with other diseases such as diabetes, etc...thus

threatening reduced resources for our cancer programs.

Although unable to meet with Michelle Bachman, my local representative, I was able to visit with her aid, Ms. Doyle. My goal in this meeting was to comment on three different messages.

1. Cancer Registrars are Key to Cancer Prevention, Treatment and Research.
2. Cancer Registries are Supported by the CDC's Division of Cancer Prevention and Control and the National Cancer Institute at the National Institutes of Health.
3. Support Unified Cancer Prevention and Control Activities at CDC.

After I "walked" Ms. Doyle through a scenario of our role as abstractors, I then had to ask her support in opposing this move and maintaining both a separate line item for the NCCCP and the integrity of the DCPC. It was a chance of a lifetime.

Something I will always remember, what an experience!!

Another presentation on RQRS (rapid abstracting) included all the requirements that it took to enroll in RQRS concurrent reporting. Learning how another facility is making this a reality in their registry was very interesting. The presenter stated that there is a definite need for adequate registry staff to support both the clinical and non-clinical workload.

Continue pg. 2



**CANCER REGISTRARS ARE KEY TO CANCER
PREVENTION, TREATMENT AND RESEARCH.**

Presidents Message Cont...

Friday started off bright and early with Dr. Ragard giving us somewhat of a comedic perspective on "*Colon Cancer Collaborative Staging, Making it Easier than a Colonoscopy Prep*".

Two other presentations, "*Meeting Demands of Cancer Registries Today*" and "*Becoming an Agent of Change*" were very helpful presentations on professional development.

A very interesting presentation that I think we could all benefit from was "*Making it Happen With What You Have: Meeting the Demands of Cancer Registries Today*." The title says it all but I would be more than happy to share copies of the slides. This presentation outlined what was discovered regarding workload expectations and what non-CTR staff could do to benefit the registry.

There were multiple presentations on Saturday, "*Continuous Change, Grand Opportunity or Overwhelming Challenge*," "*Keeping Your Ducks in a Row: Tips on Managing a Successful Registry*," "*Demystifying Bladder Cancer*," "*Endobronchial and Endoscopic US: Its impact on Staging and Clinical Care for the Thoracic Patient*" and finally "*Interactive Discussion of Part 1 CS Coding Instructions: Working the Cases*."

Overall it was a wonderful conference filled with great speakers, NCRA business/installation lunches, a great facility, networking and a chance for me to do a bit of sight-seeing of the beautiful historic city of D.C.

Thank you for this opportunity as your then President-Elect to represent our great Minnesota Cancer Registrars Association.

Looking forward to our coming year,

Amy Walz
MCRA President



MCRA Executive Board Highlights Diane Ling CTR Secretary

The Executive Board met on Tuesday, August 7, 2012. The following are highlights of the meeting.

- An e-mail has been sent out to the membership asking for volunteers to be placed on the ballot for elected executive board positions.
- Evaluations from the Spring Workshop were positive including many positive comments regarding the catering by Eddington's.
- Cheryl as well as employees of the Regions Cancer Registry are busy putting the final touches on the Fall Workshop which will be held at the Health Partners Corporate Office on September 24.
- Two webinars—Using and Interpreting Data Quality Indicators and ICD 10 cm AND Cancer Surveillance Webinars have been added to the MCRA website.
- Only 4 copies of the MCRA Cookbooks are remaining to be sold.
- Since MCRA has purchased the NAACCR webinar series, it will be mandatory to be an MCRA member in order to view them.

Diane



Getting to Know Our Members—Jackie Medd

I was born and raised in Minnesota. In 2002, I got an Associate degree in Human Resources at St. Paul Community College. After graduation, I wanted to experience new things so decided to move to St. Petersburg, Florida, a gorgeous state, but I always knew I would come back to live near family in Minnesota.

My first job after college in FL was working as an HR Assistant in Food Factory Plant. It was not a fit for me so I took a position in HR working for Eckerd. Within two years CVS Pharmacy bought us out and downsized and unfortunately, I was laid off.

Wanting to further my education in the health care field, I decided to go for Nuclear Medicine which is a form of radiology that completes PET Scans, bone scans, cardiac/stress test, thyroid ablation and more. There were 142 students that applied to the program and 21 were accepted. Fortunately, I had a 4.0 GPA with great references and was accepted.

The next few years were very challenging. I was going to college then clinical and was bartending at night.

My favorite 16 week clinical rotation was at Moffitt Cancer Center in Tampa, Florida. Patients traveled from all over the world to come to MCC.

It was a great opportunity for me to work and to truly understand how cancer affected so many people's lives. I graduated and passed my boards in August 2008.

I moved back to MN but there were no jobs in my field. Actually, there were no jobs anywhere. I ended up working in LaCrosse, WI at the Gunderson Lutheran Cancer Center as a front desk patient liaison. After a year, an interesting job appeared, "Cancer Registrar," which I had never heard of but I decided to apply since I had my nuclear medicine degree and experience at the Cancer Center. I was offered the position and my life has forever changed.

The Cancer Registry department at Gunderson Lutheran was AMAZING!! What an incredible group of mentors. I will never forget them. They were patient, kind, very detailed and all around wonderful people. I am honored to have been trained by them.



Dave, Drea & Jackie

I completed my CTR classes through AHIMA and in September 2010, I passed the exam. I completed abstracting, follow up, case finding, attended and arranged Cancer Conferences, Cancer Committee and worked on the NCCCP Grant.

In 2011, I wanted to be closer to my family in Albert Lea, MN but there were no local jobs for a CTR. From a NCRA meeting, I learned of Registry Partners, Inc. I could work full time from home. I applied and took an extensive test needing to get over 90%. I passed and accepted employment with RPI and moved closer to my family. This was the best decision I've made in my life. RPI is a great company to work for with great incentives and compensation. I have been able to travel to different states for a short time and earn flex time to be home more the next week.

Most of all, it is extremely family friendly. I can have my daughter in many day time activities that most working mothers cannot. I have learned Oncolog, Rocky Mountain, ERS and IMPAC registry systems. I learn something new every week. I do abstracting, follow up, state data submissions and case finding. Recently I was promoted to a Project Specialist which will further expand my duties.

Free time is spent with my 2 year old daughter, Drea and my boyfriend Dave. Every day Drea does something new and it is very fulfilling watching her grow.

I love spending time with close family and friends, as well as reading, going to the YMCA, attending music concerts and any type of family fun.

I am honored to be a Certified Tumor Registrar and have the utmost respect to anyone in this enriching field!

*Jackie Medd, CNMT, CTR
Registry Partners*

...an interesting job appeared, "Cancer Registrar," which I had never heard of but I decided to apply...

Nominating Committee

Leann Osada CTR, Joanna Paschke CTR

The nominating committee is looking for volunteers to be placed on the ballot for the elected executive board positions. *Please strongly consider volunteering to take on a vital role in our organization.*

The elected offices are:

President elect

Secretary

Treasurer

Per the MCRA bylaws:

Eligibility Any Active member in good standing for one full year prior to nomination shall be eligible to hold office. To be eligible for the office of President- elect, a member must have served one full term on the Executive Committee prior to nomination.

Duties of Officers Officers shall perform those duties prescribed by these Bylaws and shall be guided by the MCRA Operations Manual and the current edition of *Robert's Rules of Order*.

The **President** shall preside at all MCRA business meetings and at the Executive Committee meetings. The President shall appoint all standing committee chairpersons and shall establish ad hoc committees; shall appoint liaisons; and shall be an ex-officio member of all committees except the Nominating Committee.

The **President-elect** shall assume the duties of the President in his/her absence and shall succeed to the office of President at the conclusion of his/her term of office. The President-elect shall co-chair the Professional Development Committee.

The **Secretary** shall be responsible for records of all MCRA proceedings and shall distribute minutes of all business meetings to the membership.

The **Treasurer** shall be responsible for receipt and disbursement of all funds of MCRA and shall make written reports to the Executive Committee and to the membership. The **Senior Treasurer** shall assume his/her position after serving one (1) year as **Junior Treasurer**. The Senior Treasurer shall act as mentor to the Junior Treasurer and educate him/her in the Senior Treasurer's duties and responsibilities. The Senior Treasurer shall serve on the Membership Committee.

The **Junior Treasurer** shall learn the duties and responsibilities of the Senior Treasurer in preparation of assuming the Senior Treasurer position and assist the Senior Treasurer as appropriate.

Thank you for your consideration,

Leann & Joanna



Bylaws Report

Linda Vanstrom CTR

Have you ever wondered what the purpose is for MCRA? Well, other than having two workshops a year so we can get together, eat lunch, chat with old friends and finally get to see what those voices on the phone really look like...and, oh yeah, occasionally learning something new.

According to Article II of the Bylaws, the purpose of MCRA shall be to promote quality cancer data collection and cancer program management so that we may be of greater service to the cancer patient.

In order to do this, MCRA shall:

1. Promote and support the professional development of MCRA members.
 - A. Provide educational workshops for the ongoing professional development of all MCRA members.
 - B. Provide educational and financial assistance for members who seek Certified Tumor Registrar (CTR) status.
 - C. Provide financial assistance for members to attend educational workshops.
2. Initiate and/or participate in programs to approve and standardize methods of compiling and distributing cancer data.
3. Provide active liaison with professional and governmental organizations which utilize cancer data.
4. Encourage activities which promote cancer research and public education about cancer and cancer prevention.

You see this commitment all the time from MCRA. Aside from the regular Spring and Fall Workshops, MCRA sponsored the 2012 NAACCR Webinar series and will continue that support with the 2013 series. Financial assistance is available for members taking the CTR exam and there is also the annual drawing for a stipend to attend the NCRA Conference.

Liaisons with NCRA and MCSS keep us well informed on changes to cancer data reporting. Elaine Collins is the MCSS representative to the Executive Committee and her *MCSS Notes* and *Coding Corner* in the MODMM provide with a wealth of information. Annually the MCRA President attends the National Conference, representing our organization and providing a voice for our concerns.

Through participation in the American Cancer Society's *Relay for Life* and by donating part of the proceeds from the MCRA cookbook, we have supported cancer research efforts. Speakers from MCRA promote our profession to schools. Hosting student clinical practices allow us to help train the next generation of Cancer Registrars.

So, the next time someone asks you to run for one of the MCRA offices or to serve on a committee, please remember the purpose of MCRA and consider saying YES!!

Linda



According to Article II of the Bylaws, the purpose of MCRA shall be to promote quality cancer data collection and cancer program management so that we may be of greater service to the cancer patient.

Communications

Jackie Medd CNMT, CTR

I have been enjoying communicating MCRA's pertinent matters and learning my new role.

Jackie

Website Report

Holly Zabinski CTR

The website has been updated with the most current NAACCR webinars and will continue to be updated as they are released. If you have any questions about accessing these webinars, please contact me.

We will again be offering PayPal as an option to register for the Fall Workshop online. Keep an eye out for this opportunity as the date approaches.

There is an area to post employment opportunities. These opportunities will be posted for 30 days unless requested for a longer time frame. Please submit entries to me by the e-mail address below.

If you have any questions, concerns or comments about the website, please contact me at holly.zabinski@va.gov.

I will have limited access to my e-mail December -February as I will be on maternity leave.

Holly



MCRA May Business Meeting

Highlights

Diane Ling CTR

- Elaine Collins reported that MCSS is accepting 2012 cases in the new format, so keep on sending them in using hospital COC metafiles.
- Amy Walz announced that NCRA wants CTR's to mentor people for internships. Amy encouraged all in attendance to take an intern for at least half of their internship time this summer.
- MCRA is in need of a chairman to take over for Cheryl Cloutier on the Professional Development Committee.
- A new "Find A Registry" resource has been added to the MCRA website. This is a useful tool which lists the mailing address for the registry, contact name for the facilities, surrounding towns served, Medical Oncologists most likely to be referred to and Radiation Oncologists.
- MCRA will be purchasing the 2012-2013 NAACCR Webinar series.

Diane

Professional Development

Cheryl Cloutier, Jennifer Watkins CTR



Fall MCRA Workshop:

Date: September 24, 2012

Location: HealthPartners Corporate Offices, in Bloomington, Minnesota.

Registration: The form will be available soon on our website and emailed to members.

Host: The cancer registry staff from Regions Hospital

Please let us know if your facility can host a 2013 Workshop or if you have any suggestions for locations. The hosting facility does not have to provide the total program for the day. The committee has suggestions for possible topics at a workshop. We can also have catering brought in if meals are not available. We need a site suitable for about 80 attendees. Please contact the professional development chairperson with any information.

Clinical Time for Students in a Cancer Registry:

Please let the committee or our president know if you can mentor a student in your registry. I have had inquiries about registries that can take students for clinical time so we are compiling a list. We would like to put this information on the website.

CTR Preparation Materials:

The third Edition of Cancer Registry Principles & Management is currently on order and will be available for use by members studying to take CTR exams. Professional Development will keep the list of persons interested in using the book to study. Current plans are to loan for 3-4 weeks per person, depending on the number who wish to use it. That person will then send it on to the next person on the list, or back to professional development.

This book is recommended to those taking the CTR webinar series. The new 3rd edition can be used in connection with the sessions for 2013.

Anyone interested please email Cheryl.cloutier@allina.com to be put on the list. I need your name, email, mailing address and the approximate time you would like the book.

New committee members are always welcome. It isn't a career-long obligation.

Cheryl & Jennifer

MCSS Notes

Elaine Collins RHIA, CTR



Coding Corner

Elaine Collins RHIA, CTR

The Minnesota Cancer Surveillance System will be converting the database to the NAACCR 12 format in August and September. After the conversion we will process the stage and treatment data from the data files sent in by the hospital registries and run the appropriate Edits on the records. Registries may continue to submit data files in the latest version of the NAACCR metafile, NAACCR 12.2.

MCSS Field Service staff are starting to work on 2010 case reports, and will address resolution issues with registry cases after the conversion. Field Service staff have been concentrating on pathology review and creating missing lists for 2011 for your review.

Coding Grade:

FORDS 2012 changed the instructions for coding grade for diagnoses 1/1/2012 and later. Note that the FORDS specifies that "Some state or regional registries require recording or converting special grade of *Grade Path System* and *Grade Path Value* for *Grade/Differentiation*; if you are required to do so, use the instructions provided by that source." MCSS does require that you continue to code the *Grade/Differentiation* field according to the instructions you used prior to 2012. Continue to convert grades coded in site-specific factors or *Grade Path Value/Grade Path System* according to FORDS instructions before 2012 and code in the *Grade/Differentiation* field.

Elaine



Using the Heme Database:

When you enter a code or a diagnosis into the Hematopoietic Database, note that the first choice that comes up, highlighted in blue in the "Results for all terms" column, may not be the best match for the diagnosis you are coding. Always review the entire list of diagnoses to find the best code. Also pay attention to the codes labeled as "[OBS]", and the "see" codes which are now preferred. The "Abstractor Note" section contains information about why a code has been made obsolete.

Note one of the significant changes for 2012, 9670/3 is considered an obsolete code; 9823/3 is now the preferred code to use for chronic lymphocytic leukemia/small lymphocytic lymphoma, even if the initial presentation of the disease includes involved lymph nodes. Module 3, PH8 also specifies that the primary site is coded to bone marrow, C421, whenever bone marrow is involved, even if lymph nodes or lymphatic organs are involved. The primary site is coded to nodes, organs, or tissue only when there is no bone marrow involvement.

Using the Multiple Primary Rules:

Remember to review the multiple primary rules from time to time to make sure that your coding remains on track. As an example, review the instructions in the rules for coding "papillary carcinoma". For head and neck sites, the code is 8050; for breast cancer, the code is 8503; for kidney and thyroid, 8260; for urinary sites, 8130.

If you don't routinely visit the SEER website, note that there are changes posted to the MP/H rules manual dated 9/27/2011, which are reflected in the FORDS instructions for 2012 (Multiplicity Counter). The SEER site is at <http://www.seer.cancer.gov/tools/mphrules/download.html>

8 Elaine

MCSS does require that you continue to code the Grade / Differentiation field according to the instructions used prior to 2012.

Cooking with MCRA

I made the mandarin orange salad (from the summer issue of the MODMM) for a pot luck picnic - excellent! Even better the next day, next time I will make it a day ahead.



LeeAnn Olson—North Memorial

ROASTED ONIONS IN THEIR SKINS



4 Medium yellow onions
unpeeled, halved
2 Tbsp. Olive oil
Salt & freshly ground pepper
Adjust oven rack to lowest
position and heat to 425°.

Gently toss onions with oil and a generous sprinkling of salt & pepper. Place cut side down on a rimmed baking sheet.

Roast until onions are tender & cut surfaces are a rich golden brown. 30-35 minutes.

Leann Osada—Abbott Northwestern

This is a really different recipe. I have friends that have used their fresh/frozen/canned corn and it works great. The recipe calls for canned corn, but certainly home canned will work too!



CROCKPOT SCALLOPED CORN

2 cans Whole kernel corn-undrained
2 cans Cream style corn
2 c. Velveeta cheese-cubed
1 stick Margarine (optional)
2 c. Spaghetti noodles, uncooked, broken into smaller pieces
1 c. Sour cream
Mix all ingredients in a lightly greased crockpot.
Set on low 3 to 6 hours or until noodles are cooked.
Stir often.

Cindy Sanborn—Mayo

BL no T SALAD

¼ c. sugar
1 c. mayo (Hellman's)
2 Tbsp. Honey
Bacon
Parsley
Mix and set aside.



Pour dressing over the following before serving:
Bag of leaf lettuce
Bag of cabbage
Chicken breast, cooked
Rice noodles (like chow mein)

LETTUCE-BACON SALAD

Lettuce
1 lb. Bacon, diced
Cheese, any kind, small cubes
Onion, 4 thin slices
1 c. Salad Dressing
¼ to ½ c. sugar



Fry bacon until crisp. Drain on paper towel.
In a lg bowl mix lettuce, bacon, cheese and onion.

In a separate bowl, mix salad dressing and sugar.
Pour over lettuce mixture and toss.
Serves 6.

*Jennifer Martin—Hennepin County
Medical Center*

TORTILLINI-SHRIMP KABOBS

36 Cheese-filled spinach
tortellini, uncooked
refrigerated or dried
½ c. Italian dressing
24 Medium shrimp, cooked,
peeled, deveined
24 Small cherry /roma tomatoes
Black olives, cheese, or other vegetables to taste.



Cook and drain tortellini as directed on pkg; cool.
Place dressing in shallow bowl. Stir in tortellini, shrimp and tomatoes. Cover and refrigerate 1 to 2 hours, stirring once to coat.

Drain tortellini mixture. Thread tortellini, shrimp and tomatoes alternately on each of twelve 8-inch skewers.
Easy and tasty appetizer!

Heidi Leach—Coborn Cancer Center

Cooking cont...

ZUCCHINI QUICHE

- 2 c. Zucchini, sliced
- ½ c. Onion
- 2 Tbsp. Yellow, red or green peppers, diced.
- 8 oz. Cubed ham, optional
- ½ Tbsp. Parsley flakes
- ½ tsp. Salt and pepper
- ¼ tsp. Basil
- ¼ tsp. Oregano
- 2 Eggs
- 2 c. Mozzarella cheese

Sauté zucchini, onion & peppers together. Then combine the rest of the ingredients. Stir together and pour into unbaked pastry shell and bake for 18-20 min. at 375°.

(May use any meat you like, bacon, sausage etc. It is great without as well.)

Renata Kotten-Abbott Northwestern



GARLIC PASTA

- ¼-½ Stick of butter
- 2-3 Tbsp. Olive oil
- 2-4 Garlic cloves, chopped fine
- Pepper
- Basil
- 2-3 Small zucchini, sliced
- Fresh mushrooms, sliced
- 1-2 Red onions, Sliced
- Twist pasta (rotini or rotelle)
- Freshly grated Parmesan or Romano cheese

Melt butter with olive oil in skillet. Add garlic & sauté. Add zucchini, mushrooms, & onions & cook until tender.

With cooked pasta. Serve topped with fresh grated cheese.

Carol Forbes-Manske—MCSS



ZUCCHINI HOTDISH

- Layer in 9 x 13 baking dish:
- Zucchini, sliced
- 1 c. Minute Rice (I use brown rice)
- Sweet onion, sliced
- Garden fresh tomatoes, sliced
- 1 pkg. Shredded cheddar cheese
- 1 lb. Bacon, thick cut, uncooked

Cover with foil. Bake at 350° for 30 min. Uncovered for 45-60 min until bacon is crisp and to your liking. Salt/pepper to taste.

- Store bought tomatoes are very bland compared to garden fresh.
- Can prep uncooked in baking dish and freeze for later use. Add extra baking time.

Renata Kotten-Abbott Northwestern



ZUCCHINI JELLY

- 6 c. Zucchini peeled and shredded
 - 6 c. White sugar
- Cook until rolling boil, boil 15 minutes, stir often.

Add:

- ½ c. Lemon juice
- 1 large can Crushed pineapple, juice too
- 2- 3 oz. pkg Apricot Jell-O

Mix together and put in jars.

Cool it down and then freezer. It will keep longer that way. Must refrigerated after thawed.

Renata Kotten-Abbott Northwestern



ZUCCHINI RELISH

- 14 c. Ground zucchini, seeds & pulp
- 4 c. Ground onion, white or yellow

1 Green pepper

6 Tbsp. Salt.

Let stand overnight.

In the morning drain in colander & rinse with cold water.

Drain again.

Place in large kettle with:

6 c. Sugar

2 c. Vinegar

1 tsp. Dry mustard

1 tsp. Turmeric

1 tsp. Celery seed

1 tsp. Cornstarch

½ tsp. Black pepper.

Bring to boil & simmer for 30 minutes.

Put in jars & seal.

Makes 8 pints.

Carol Forbes-Manske—MCSS



ZUCCHINI HOTDISH

- 1 Onion, chopped
- 1 Green pepper, chopped
- 1-½ lbs. hamburger
- 2/3 c. Rice, regular, uncooked
- 1 lg. can stewed or whole

tomatoes with juice & an additional 1 c. tomato juice

2 small or 1 lg. Zucchini, seeds removed, sliced or grated.

Leave some peel.

Brown onion, green pepper and hamburger. Drain grease. Mix with remaining ingredients.

Bake at 350° until juice is absorbed, about 1½ hours.

10 Carol Forbes-Manske—MCSS



Cooking cont...

This is soooo good!

ROMA TOMATO WITH FETA & GARLIC

- 6 Roma tomatoes, quartered lengthwise
- 1 Garlic clove, peeled; minced or sliced
- ¼ c. Fresh basil leaves, cut into thin strips
- 2 Tbsp. Olive oil
- 1½ Tbsp. Balsamic vinegar
- 2 oz. Tomato basil feta cheese, crumbled

In a large bowl, toss tomatoes, garlic, basil, olive oil, balsamic vinegar and cheese. Refrigerate ten minutes before serving.

Kathy Lougiu—Fairview Southdale



CRUNCHY CABBAGE SALAD

Dressing:

- 1/3 c. Rice Wine Vinegar
- ¼ c. Sesame or vegetable oil
- 1/3 c. Honey or sugar
- 3 Tbsp. Soy sauce

Salad:

- 1 Medium head cabbage, shredded
- ½ Small head red cabbage, shredded
- 2 Tbsp. Butter
- 1 c. Sliced almonds
- ¼ c. Sesame seeds
- 12.8 oz pkg Ramen noodles, crushed (discard flavor packet)

To prepare dressing: In blender (or jar with lid) combine rice wine vinegar, sesame oil, honey and soy sauce. Process to blend, cover and refrigerate.

To prepare cabbage: shred or chop cabbage, place (or get the pre-packaged shredded cabbage)

To prepare nut mixture: Place butter in large skillet over medium heat; add almonds, sesame seeds and ramen noodles, sauté until golden brown-stir frequently. Set aside to cool completely.

To combine: Place cabbage in serving bowl. Pour dressing over salad, add nut mixture, toss and serve.

Makes 10 to 12 servings

Jennifer Martin—Hennepin County Medical Center



ZUCCHINI BREAD

Zucchini season is upon us!! I love making this bread for friends and family. This year I expanded the ingredients. I hope you love it too!!

- | | |
|------------------|-----------------------------------|
| 3 eggs | 3 c. flour |
| 2 ½ c. sugar | 1 tsp. baking soda |
| 1 c. cooking oil | ¼ tsp. baking powder |
| 3 tsp. vanilla | 1 tsp. salt |
| 2 c. zucchini | 1-3 tsp. cinnamon (to your taste) |

Grate seeded raw zucchini, unpeeled to make 2 c., juice and all. Set aside.

Beat eggs. Add sugar, oil and vanilla. Beat again until well blended. Blend in zucchini and stir well.

Mix dry ingredients together; add to zucchini mixture and blend well.

Butter/flour 5 small loaf tins/pans (I tried baking spray with flour, worked perfectly).

Pour batter in to at least ¾ full. (Overfilling the tins is part of the key to creating an amazing crust.)

Bake at 350° for 45 min. to 1 hour or until done.

Check with toothpick.

Yield: 5 small loaves or 2 large loaves.

Variations: This bread is fabulous just plain but if your feeling adventurous, start with the batter above and add one of the following combinations:

- 1 c. shredded carrot, 1 pint blueberries, 1 Tbsp. lemon zest and the juice of half the lemon you zested.
- ½-1 tsp. cloves, ½-1 tsp. nutmeg, 1 c. shredded carrot, ½ c. chopped walnuts, 1 bag chocolate chips.
- ½-1 c. chopped walnuts and/or 1 pkg chocolate chips.
- 1 c. shredded carrot, ½ c. coco powder, ½ c. dried tart cherries, 1 pint blueberries, zest of one orange and the juice from half the orange you zested.

This recipe is amazing and there are endless options. I have replaced the oil with applesauce and I liked it. My next experiment will be with pumpkin spice and replacing the oil with pumpkin. Fall is in the air. Enjoy!!

Renata Kotten—Abbott Northwestern



Cooking cont...

TEQUILABERRY SALAD

1 c. Mayo
1/2 c. Sugar
1/2 c. Half & Half or heavy cream
Mix and refrigerate 2-3 hours.

1 Head of lettuce
1/3 head cauliflower
1/2-1 lb. Bacon bits
1/2 c. parmesan cheese

Chop and separate cauliflower. Mix in large bowl and add dressing. Serve immediately.

Jennifer Martin—Hennepin County Medical Center



DANISH DUMPLINGS

4 Tbsp. Butter or margarine
2/3 c. Flour
1/2 c. Boiling water
2 Eggs
1 tsp. Salt
1 tsp. Sugar

Bring water and butter to a boil. Add flour, all at once stirring constantly. Cook until mixture leaves the side of the pan. Remove from the heat.

When cool, add sugar salt and eggs (one at a time). Beat until smooth.

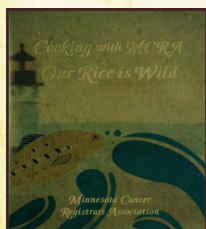
Drop by spoonful's into boiling water or broth. **

DO NOT COVER PAN

Cook 4 to 5 minutes, turning once.

** When adding to soups or stews, it is better to cook dumplings in salt water first. The dumplings stay together better and do not fall apart. They also don't seem to get mushy and they taste better.

Jennifer Martin—Hennepin County Medical Center



MCRA COOKBOOK

If you like cucumbers there are great recipes on pgs. 66- 67.

Also a yummy Summer Salad is on pg. 69.

CALICO BEANS

1 lb. Ground beef
1 lb. Bacon diced
1 Sm.-med. onion chopped
1/2 c. Brown sugar
1/2 c. Catsup
1 Tbsp. Vinegar
1/4-1/2 c. BBQ sauce (opt)
2 Tbsp. Molasses
1 tsp. Dry mustard
Salt
2 cans Kidney beans
2 can White northern beans
1 Tbsp. Vinegar
2 can Pork-n-Beans

Brown hamburger draining off excess fat.
Fry bacon, place on paper toweling to drain.
Drain kidney beans then mix beans, onion, catsup, vinegar and BBQ sauce. Add hamburger and bacon.

Put in Dutch oven or other large pan and bake in a 325° oven for about 1 hour or until hot and bubbly.

Jennifer Martin—Hennepin County Medical Center



WILD RICE SALAD

3 c. Wild Rice, cooked
(1 c. uncooked)
1 1/2 - 2 c. Turkey or chicken,
cooked, chopped (or more
to taste)
1 1/2 tsp. Seasoned salt
1 c. Mayo (not Miracle Whip)
1 Tbsp. Lemon juice
*Onion, chopped
*Celery, chopped
*Green or red grapes halved or whole
*Nuts: cashew, almonds, peanuts or walnuts
*Add these items to taste

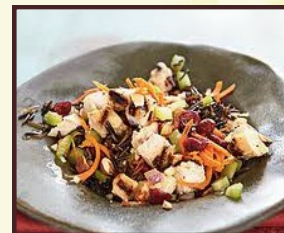
Chill rice and meat. Mix all ingredients together; add salt, mayo and lemon juice.

Optional: 1-1 1/2 c. cooked pasta, small bowties or rotelle adds a nice look to the salad.

Chill for about 2 hours.

Serve alone or as a salad with other dishes.

Jennifer Martin—Hennepin County Medical Center



Cooking cont...

CHARLIE'S CRAB CAKES

- ½ c. Peanut oil
- 1 Egg
- 4 ½ tsp. Heavy cream
- 2 Tbsp. Cracker crumbs
- 2 Tbsp. Minced onion
- ½ tsp. Red pepper
- ½ tsp. Worcestershire Sauce
- 1 lb. Crabmeat
- ¼ c. Breadcrumbs
- 2 Tbsp. Melted butter
- 2 Tbsp. Parsley, chopped
- 1 tsp. Fresh lemon juice
- ½ tsp. Dry mustard
- ¼ tsp. Each salt & pepper



Pour peanut oil into a large skillet, set aside. Combine all ingredients in a large bowl. Shape into 10 crab cakes. Place skillet, with oil over medium flame and heat. Add crab cakes and cook 3 to 5 minutes on each side until golden brown, Serve immediately.

Jennifer Martin—Hennepin County Medical Center

COCONUT JOYS

- ½ c. butter or margarine
- 2 c. powdered sugar
- 3 c. Coconut (8 oz.)
- 2 Squares (2 oz.) semi-sweet chocolates melted



Melt butter in a sauce pan. Remove from heat add powdered sugar add coconut, mix well. Shape rounded teaspoons of mixture into balls. Make indent in the center of each and place on a cookie sheet. Fill the center with chocolate, chill until firm and store in the refrigerator.

Makes 3 dozen.

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SCALLOPED POTATOES WITH CHEESE & SOUR CREAM



- 3 c. Peeled and sliced potatoes
- 2 Eggs beaten
- 1 c. Sour cream
- ½ c. Milk
- ½ c. Chopped onion
- ½ tsp. Salt
- 1/8 tsp. Pepper

Boil Potatoes then slice. Put in half quart buttered baking dish. Combine all other ingredients and pour over potatoes, add 1 cup cheddar cheese and/or celery if desired, shredded over the top of potatoes.

Bake in a 325° oven for 30 minutes.

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CHIP DIP

- 1-8 oz. Cottage cheese
- 1 oz. Sour cream
- 1 c. Mayo (not Miracle Whip)
- 1 pkg Hidden Valley Ranch dressing powder .



Mix together well. Store in covered container. Keeps well. Can be used for veggie or chip dip, baked potatoes, use your imagination. Store in refrigerator.

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BLUE CHEESE SALAD DRESSING

- 1 quart Hellman's Mayo (real)
 - 4 oz. Sour cream (real)
 - Blue Cheese, small block
 - ½ Tbsp. Lemon juice (real)
- Mix all ingredients together. Cover tightly and store in refrigerator.



Jennifer Martin—Hennepin County Medical Center



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