

LVDA LUNCHBOX

Lehigh Valley Dietetic Association



President's Message

By Lyndi Wieand, MHSc, RDN, LDN

Hello LVDA Members,

I would like to wish you all a happy, healthy and prosperous 2022 as we ring in another year! I hope you all had an enjoyable holiday season with your families and friends. With the continuous growth of the COVID-19 virus, I hope you all are faring well and I would like to thank you for all of your continuous work in your own professions to care for patients and residents within our communities.



We have successfully paired 17 members up for the 2021-2022 Mentor/Mentee Program and conducted a fundraiser with Park Lane Jewelry which will benefit the Pocket Guide Reimbursement Program, which is now available to both professional and student members. Our committees and board members are working diligently on planning exciting events to look forward to this spring and summer within the LVDA and PAND. Make sure to check your inboxes and our social media platforms periodically for updates on these.

There are a few things that I would like to remind you all about as we approach the second half of our membership year. PAND Awards and Scholarship application deadlines are quickly approaching. Please consider applying yourself or nominating a fellow Dietitian, Dietetic Technician or Student for these awards or scholarships and represent the LVDA!

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President's Message Cont.

The deadline for Outstanding Dietitian of the Year, Keystone Award, Recognized Young Dietitian Award, Recognized Dietetic Technician of the Year, Emerging Dietetic Leader and Outstanding Dietetics Student Award is Friday, January 7th , 2022.

The deadline for the students to apply for the PAND General Scholarship and Diversity Scholarship is Friday, January 14 th , 2022. Details about each award, scholarship and their corresponding applications can be found here on the [PAND website](#).



We will be quickly approaching the election period for LVDA Board Positions, which will take place between February 1-15, 2022. We will have several board positions open for the 2022- 2023 membership year. See additional information within the newsletter. It is hard to believe that we are halfway through the membership year. 2022 will be a busy time and I look forward to seeing our district grow as everyone's hard work continues to promote engagement and strengthen our association. I hope to see many of you soon at our Networking event!

Stay safe and well and enjoy this time of year!

Lyndi Wieand

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**LVDA 2021 - 2022
BOARD MEMBERS**



LVDA 2021 - 2022 Board Members

- **President:** Lyndi Wieand, MHSc, RDN, LDN (lvdapres@gmail.com)
- **President-Elect:** **Vacant**
- **Secretary:** Jeanne Smith, RDN, LDN (lvdasecretary@gmail.com)
- **Treasurer:** Mindi Manuel, MS, RD, CSG, LDN, CDP (lvdatreasurer@gmail.com)
- **Nominating Chair:** Ally Vinciguerra, MS, RDN, LDN
(lvdanominating@gmail.com)
- **Nominating Chair-Elect:** **Vacant**
- **Continuing Education Chair:** Jennifer Beam, RD, LDN
(lvdacontinuinged@gmail.com)
- **Continuing Education Chair-Elect:** **Vacant**
- **Academy Delegate:** Lisa Jones (ljones@nutrition411.com)
- **Membership Coordinator:** Tara Miltenberger, MEd, RD, LDN
(lvdamembership@gmail.com)



LVDA 2021 - 2022 Board Members

- **LVDA Rep. to PAND Nominating Committee:** Tim Leech, MHSc, RD, LDN
(lvdareptopand@gmail.com)
- **Public Policy Chair:** Victoria Kuebler, MS, RDN, LDN (lvdapublicpolicy@gmail.com)
- **Nutrition Education:** Sherri Cirignano, MS, RDN, LDN (lvdanutritioned@gmail.com)
- **Public Relations Chair:** **Vacant**
- **Website Coordinator:** Sarah Durbin, RDN (lvdawebmaster@gmail.com)
- **Newsletter Editor:** Maria Leon, RD, LDN (lvdanewsletter@gmail.com)
- **Career Guidance Chair:** Bethany Miller, RDN, LDN (lvdacareerguidance@gmail.com)
- **Reimbursement Chair:** Jennifer Doane, MS, RD, CSSD, LDN, ATC
(lvdareimbursement@gmail.com)
- **Social Media Chair:** Sarah Durbin, RDN & Maria Leon, RD, LDN
(lvdasocialmedia@gmail.com)
- **Fundraising Chair:** Amy Romberger, RD, LDN (lvdafundraising@gmail.com)
- **Student Liaison:** Jessica Haase (lvdastudentliason@gmail.com)

Public Policy

by Victoria Kuebler, MS, RDN, LDN

Updates on HB1020:

House Bill No. 1020 (HB 1020) was referred into the Professional Licensure Committee (PLC) for a vote on March 26, 2021 by Representative Thomas Mehaffie.

HB1020 has been denied due to revisions that were requested to make the bill more concise. This document is still a draft and is being reviewed and updated. The goal is to present to the PLC again in early 2022.



HB 1020 expands on to:

1. Include Medical Nutrition Therapy (MNT) as the legal and exclusive scope of practice of Licensed Dietitian Nutritionists and Licensed Nutritionists in the state of Pennsylvania.
2. Enhance title protection to include dietitian nutrition, nutritionist, dietician, nutrition counselor, nutrition specialist, LDN, LDN, nutrition therapy practitioner, nutrition therapy consultant, certified nutrition therapy practitioner, master nutrition therapist, licensed dietitian nutritionist, or licensed nutrition.

This is ultimately to protect the citizens of the Commonwealth of Pennsylvania and recognize Registered Dietitians as the experts.

What Can You Do Now To Support HB 1020:

1. Read the HB 1020 and the FAQs provided by PAND at the resources page (<https://eatrightpa.org/policy-advocacy/licensure-bill/>)
2. **Support PANDPAC:** <https://eatrightpa.org/policy-advocacy/pandpac/>
3. Share MNT success stories by emailing pandlicensure@gmail.com
4. Sign up [here](#) for real time updates from the PAND



HOW TO TAKE ACTION

Check out the Academy of Nutrition and Dietetics Policy Resources:

- To learn more about what you can do to help, check out the EatRight Advocacy Information page [here](#)
- Keep up to date on current legislation with Action Alerts from the Academy [here](#)



Cultural Corner

"Food is not rational. Food is culture, habit, craving, and identity."

The cultural corner is a place to embrace all cultural traditions and practices. A place where we can share our favorite family recipes and talk about our favorite cultural customs.

Pork and Sauerkraut

by Maria Leon, RD, LDN

Since I can remember, my family has always had Pork and Sauerkraut on the first day of the new year. It is known to bring good luck and is a very common tradition for the Pennsylvania Dutch.

Historically, fresh pork was the star of meals during the winter months for early settlers and sauerkraut was often served as a side dish as cabbage harvesting season also occurs in the winter.

Now, most people consume Pork and Sauerkraut in the beginning of the year for the good luck it is believed to bring. It is supposed to bring good luck because when a pig roots for food, it roots forward, therefore consuming Pork and Sauerkraut will help you to move forward into the new year.

Whether you're looking for some good luck this year or a new recipe, I highly recommend trying this delicious meal.

Click [here](#) for a recipe for Pork and Sauerkraut.



INTERESTED IN SHARING ONE OF YOUR RECIPES?

If you are interested in writing a small blog for the cultural corner or sharing a favorite tasty recipe, send an email to lvdanewsletter@gmail.com for more information.

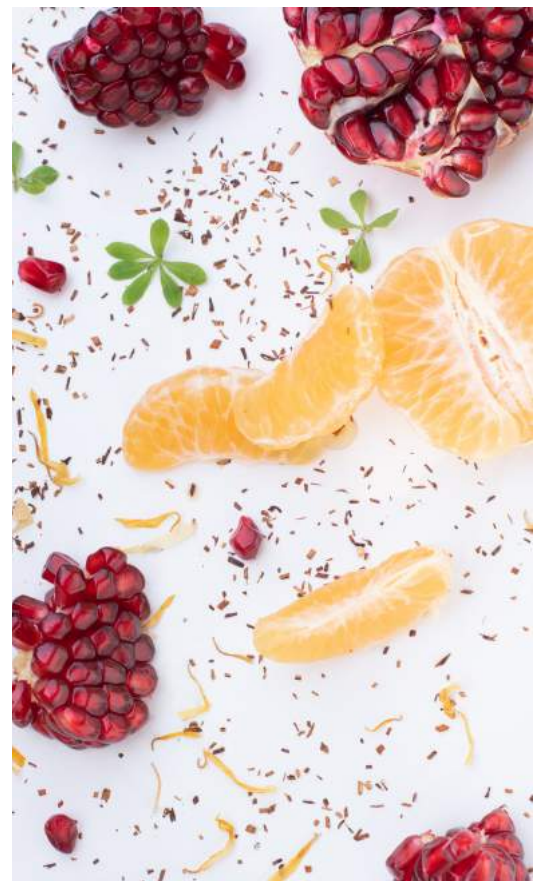


Future Meetings

- Next board meeting is Wednesday, January 19th from 6-8pm via Zoom.
- All members are welcome to attend. Board reports are due to the Google Drive folder by Sunday, January 16th .

Upcoming Events

- **Annual Meeting & Expo (AME)** will be April 21-23, at the Renaissance Hotel in Allentown. Details and registration information are available [here](#).
- **LVDA Elections** will be taking place in February from the 1st -15th
 - Please consider nominating or running for a board position, or joining one of our committees and give back to our organization.
 - Reach out to Ally Vinciguerra, our Nominating Chair, to learn more about open positions and how to nominate or apply for one.



MEMBERSHIP BENEFITS

- Access to local job postings
- LVDA quarterly newsletters
- Mentoring for qualifying and applying for PADA and AND recognition awards
- The ability to receive 15% off the MHSc or MBA tuition from Cedar Crest College
- LVDA nutrition education events and community outreach
- Public policy and advocacy efforts for our patients, our practice, and our public
- Opportunities for networking with colleagues
- Reduced rates for LVDA continuing education events



Reminders

- Are you interested in being more involved in the LVDA? Consider joining one of our sub-committees! mail lvdapres@gmail.com to find out more!
 - Social Media
 - Nutrition Education
 - Continuing Education
 - Licensure
- After a recent policy update, the pocket guide reimbursement program is now available to all LVDA members, not just students! Reach out to Bethany Miller, career guidance chair (lvdacarrerguidance@gmail.com) for more information
- If you haven't renewed your membership, you can do so on the website www.eatrightlehighvalley.org/membership/
- Send pictures for our social media accounts! It can be recipe pictures, activities for work, etc to lvdasocialmedia@gmail.com

Resources

- Academy of Nutrition and Dietetics (<https://www.eatrightpro.org>)
- Pennsylvania Academy of Nutrition and Dietetics (PAND) (<https://eatrightpa.org>)
- Lehigh Valley Dietetic Association (<http://www.eatrightlehighvalley.org>)