

LVDA LUNCHBOX

Lehigh Valley Dietetic Association



President's Message

By Lyndi Wieand, MHSc, RDN, LDN

Hello LVDA members, I hope you all are doing well and staying healthy as we transition into the Fall season. Our committees and board members are working hard on planning networking events, CEU events, fundraising events and our mentor/mentee program. Be on the lookout soon in your inboxes for updates on each of these.



Our Fall CEU event planning is underway, using feedback from the survey that was sent out a few weeks ago. If you have not completed this SurveyMonkey survey, please do so at your earliest convenience. We'd love to plan events with YOUR feedback in mind to make it beneficial for interests and professional education needs. If you did not get the survey but have some ideas or contacts for a clinical CEU event, please email me or our Continuing Education Chair, Jennifer Beam, with any responses.

Last but not least, I encourage you all to support Action Alerts put forth by the Academy of Nutrition and Dietetics, as well as follow along with the progress on the Licensure Bill, HB 1020. Our Public Policy Chair, Tori Kuebler, has great plans for our Association to help support our legislators and will be sharing the latest updates on the bill.

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!

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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. Currently in Pennsylvania, our currently licensure bill gives Registered Dietitians title protection over the title of Licensed Dietitian Nutritionist (LDN/LN).

HB 1020 is currently sitting for a vote in the PLC until September while the House of Representatives are on a break. Our previous house bill, HB 1802, died in the PLC without a vote in 2020. If the PLC votes not to move forward with HB1020, we will need to wait another 2 years before being able to re-introduce the bill.

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, dietitian, 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. Reach out to the Representatives on the PLC if you live in one of the 6 counties represented by the LVDA.
3. **Support PANDPAC:** <https://eatrightpa.org/policy-advocacy/pandpac/>
4. Share MNT success stories by emailing pandlicensure@gmail.com
5. 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](#)

Contact your Representative!! Below are the Representatives of the 6 counties represented by the LVDA:

- Representative Gary Day (R) (Lehigh + Berks)
- Representative Joe Emrick (R) (Northampton)
- Representative Zachary Mako (R) (Lehigh + Northampton)
- Representative Manuel Guzman Jr. (D) (Berks)
- Representative Peter Schweyer (D) (Lehigh)



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.

Pan de Muerto

by Maria Leon, RD, LDN

Pan de Muerto is a traditional Mexican sweet bread that is often made during Día de Muertos (Day of the Dead).

Día de Muertos is a two-day celebration (November 1st and 2nd) where it is believed that the passageway between the real world and the spirit world is open so our deceased loved ones can come back to visit us.

During Día de Muertos, we remember and honor our loved ones that have passed away by leaving our loved ones favorite food, drinks, trinkets and other symbolic offerings such as marigold flowers and sugar skulls on ofrendas (altars) and grave sites.

In addition to our loved one's favorite food and drink, Pan de Muerto is usually placed on the ofranda as well.

Click [here](#) for a recipe for Pan de Muerto.



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 November 17th from 6pm- 8pm
- Keep a look out for updates via email and the LVDA website.
- Virtual or in-person meetings are still being determined; More details to follow!

Upcoming Events

- **“Pop-Up” Networking Event** planned for October for anyone who may be interested in having some “Fall Fun” by going apple and pumpkin picking at a local farm in our area. Check your inboxes and fill out the survey that was sent by Lyndi as soon as possible to help kick start this event!
- **Mentor/Mentee Program** application period has been extended to October 4th. If you are interested in applying to be a Mentor or a Mentee, check your inboxes for a survey or email Bethany Miller (lvdacareerguidance@gmail.com).
- **Annual Meeting & Expo (AME)** will be April 21-23, 2022 in Allentown this year! We are in need of volunteers to be co-chairs to help organize this event. Email lvdapres@gmail.com if interested.



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](#)
- Student pocket guide reimbursement program is still happening! 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>)