

The LVDA Lunchbox



The QUARTERLY NEWSLETTER of the
Lehigh Valley Dietetic Association

Packed with Nourishing News You Can Use

Lehigh Valley Dietetic Association: Serving PADA members in Berks, Carbon, Lehigh, Monroe, Northampton and Schuylkill Counties

In This Issue:

PAGE 2

Membership Directory/Contacts

PAGE 3

Membership Update,
Dates to Remember

PAGE 4

Kids Eat Free,
The Main Ingredient

PAGE 5

River Basin Commission Regs

PAGE 6

Veggie Stand in Easton

PAGE 7

3rd Party Reimbursement Codes

PAGE 8

Straight Scoop on Shale

PAGE 9

Upcoming Events

PAGE 10

Guidelines for Listing
Credentials



President-Elect's Message

The LVDA is off to a great start of the 2018-2019 year. We hosted our changeover meeting in June at Sleepy Cat Urban Winery and welcomed our incoming board members.

I would like to thank the outgoing board members who worked diligently during the past membership year. The success of the LVDA truly is a collaborative effort. I value the creativity and unique expertise of each member.

The board is now hard at work planning upcoming events and programs. The Continuing Education Committee is planning the Fall CEU event scheduled for September 29th at Cedar Crest College. Keep an eye out for registration information to take advantage of this great opportunity to network with LVDA members while earning continuing education credits.

In an effort to enhance resources for our members, Career Guidance Chair Marilou Wieder is working to bring her vision for the Mentorship Program to fruition. This program will provide LVDA members with a great opportunity to create personal and professional



Amy Romberger, RD, LDN

relationships to jumpstart their careers. I would like to extend a warm welcome to Erin Ondush, our newly appointed Fundraising Chair.

Erin is dedicated to securing the resources the LVDA will use to uphold our mission to service the public through the promotion of optimal nutrition, health and well being.

It is with great excitement that I welcome everyone to the new membership year and I am confident that the joint efforts of all members will lead us to great success.



The LVDA is committed to providing members with quality continuing education programs, networking opportunities, current information on issues affecting the dietetic profession and much more!

BOARD OF DIRECTORS

EXECUTIVE BOARD MEMBERS

President: Amy Romberger, RD, LDN
lvdapres@gmail.com

Immediate Past President: open

Secretary: Jennifer McCarthy, RD, LDN •
lvdasecretary@gmail.com

Treasurer: Nancy Wagner, MBA, RD, LDN •
lvdatreasurer@gmail.com

Continuing Educ. Chair: Sherri Cirignano, MS, RD,
LDN • cirignano@aesop.rutgers.edu

Continuing Educ. Chair-elect: Dana Pammer, RD, LDN

Nominating Chair: Melinda Manuel, MS, RD, LDN •
lvdanominating@gmail.com

Erin Ondush: Fund-raising Chair
lvdafundraising@gmail.com

Nominating Chair-elect: open

BOARD MEMBERS

Nutrition Education: Alexandra Sodi, RD, LDN •
ams2127@gmail.com

Newsletter Editor: Tammy Zalokar, RD, LDN •
lvdanewsletter@gmail.com

Membership Coordinator: Laura Gallagher, RD, LDN •
lvdamembership@gmail.com

Public Relations Chair: Mardi Garland, MS, RD, MBA •
mlgarland2@gmail.com

Reimbursement Chair: Jennifer Doane, MS, RD, CSSD,
ATC • jdoane@anwnutrition.com

Website Coordinator: Gina Hassick, MA, RD, LDN,
CDE, NCC lvdawebmaster@gmail.com

Public Policy Chair: open

Career Guidance Chair: Marilou Wieder, MS, RD, LDN

LVDA Representative on PADA Nominating

Committee: Melissa Savino, MS, RD, LDN

ADA Delegate: Susan Adams, MS, RD, LDN •
seadams@rcn.com



Our **MISSION**

The Lehigh Valley Dietetic Association is the advocate of the dietetic profession, servicing the public through the promotion of optimal nutrition, health, and well-being.

CONTACT *the LVDA*

Lehigh Valley Dietetic Association

PO Box 3388 • Allentown, PA 18106-0388



LVDAmembership@gmail.com



Lehigh Valley Dietetic Association

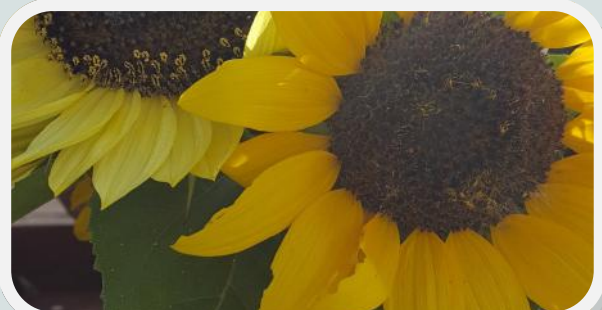


@EatRightLV

SUBMIT to the Newsletter

Do you have an exciting event, accomplishment or opinion you would like to share with members of the LVDA? Perhaps you'd like to share your expertise and experience by writing an article or letter to the editor. The LVDA newsletter is published four times a year. Members of the LVDA may email information and articles to Tammy Zalokar at lvdanewsletter@gmail.com.

Go to www.eatrightpro.org/resource/career/career-development/marketing-center/tips-on-writing-articles-and-letters-to-the-editors to find tips on writing articles and letters to contribute to the LVDA newsletter.



**BUREAU OF COMMISSIONS,
ELECTIONS AND LEGISLATION
2018 PA ELECTIONS IMPORTANT
DATES TO REMEMBER**

...First day to apply for a civilian absentee ballot... September 17

...Last day to REGISTER before the November election ... October 9

...Last day to apply for a civilian absentee ballot... October 30

...Last day for County Boards of Elections to receive voted civilian absentee ballots...November 2

...GENERAL ELECTIONNovember 6

<http://www.dos.pa.gov/VotingElections/CandidatesCommittees/RunningforOffice/Documents/2018%20important%20dates.pdf>

SOCIAL MEDIA Update

Connect with the LVDA any way you can. You can find us on Facebook, Twitter and LinkedIn.

Let us be your source for up-to-date information on the profession's most current topics – and don't forget to send us your photos from nutrition events around the valley! Contact Tara Miltenberger at lvdasocialmedia@gmail.com for more info.

CURRENT FOLLOWERS

Facebook: 121 Likes

Twitter: 237 Followers

LinkedIn: 45 Members

Membership Update

Laura Gallagher RD, LDN / LVDA Membership Chair

As of August 24, 2018, the LVDA has 50 members for the 2018 - 2019 membership term. As of March 1, 2018, the LVDA is taking applications for the 2018 – 2019 membership term. Applications can be completed directly on our website; we now have easy checkout with PayPal. A printable membership page is also on our website; you can mail check payment to LVDA! Click the following link for the membership page!



<http://www.eatrightlehighvalley.org/membership/>

Some of the benefits of a district membership include:

- ...Local conferences for continuing education credits & networking events**
- ...Leadership to volunteer opportunities**
- ...Scholarship opportunities for undergraduates, graduates and dietetic interns**
- ...Access to local job listings, membership directories and connection to peers via social media**
- ...Quarterly newsletters**

We also encourage all LVDA members to be a member of the PA Academy of Nutrition and Dietetics. The LVDA Board of Directors is looking for your feedback on our membership application process. Please send comments and/or suggestions to Laura Gallagher at lvdamembership@gmail.com.

**People are checking out
the LVDA's website...**

Are you?

www.eatrightlehighvalley.org

Website views for Summer 2018 :
May: 318, June: 287, July: 270

Chomping Out Hunger: Kids Eat Free

Hunger is a problem not only across the nation, but also here in our backyard. According to Feeding America, one in seven children is hungry in the United States and according to the United Way, one in three children is hungry in the Lehigh Valley.



Federal feeding programs which supply school meals and summer out-of-school meals are an important tool in combatting youth hunger.

This past summer, “open” meal sites debuted in Allentown and throughout the Lehigh Valley. An open meal site is where any child 18 years and younger can go to receive a free lunch through the Federal Food Service Program. Children often rely on school meals throughout the year. Summer meals help to fill

a void during the summer months when school is not in session. Balanced, nutritious meals were served to children at various open sites including the Allentown Health Bureau at Alliance Hall, the Greater Valley YMCA Allentown Branch, as well as YMCA pool loca-

tions throughout the area, Lehigh Valley Hospital 17th Street, Mosser Village Family Center and the Allentown Public Library.

To further help address the issue, Allentown recently received an anti-hunger grant in the amount of \$125,000 through the National League of Cities and FRAC (Food Research & Action Center). This campaign will look to increase not only summer meals but afterschool meals as well.

The MAIN Ingredient



Recipe: Stuffed Tomatoes

Serves 4

Ingredients:

4 large tomatoes
3 green onions
1 sweet bell pepper
¾ cup corn

1 cup black beans
1 jalapeño pepper
1 garlic clove
½ cup cheddar cheese
1 cup Panko bread crumbs
2 tsp. extra virgin olive oil
1 Tbsp. lime juice



Slice top of tomatoes and scoop out the insides. Chop green onions and bell pepper. Heat olive oil in sauté pan on medium heat, add pepper and onion and sauté for 3-5 minutes, add corn and minced garlic clove and cook additional 5 minutes. Remove the seeds from the jalapeño (or keep some if you want a higher spice level) and finely chop jalapeño. Combine ½ cup

Panko bread crumbs, corn mixture from pan, beans, lime juice, jalapeño, and ¼ cup cheddar cheese together and stuff tomatoes with mixture. Combine remaining ½ cup Panko bread crumbs and ¼ cup cheddar cheese together and top each tomato with mixture. Place tomatoes in 8x8 baking dish and cover loosely with foil. Bake at 450° F for 10 minutes, then re-

move foil and bake another 5-7 minutes. Serve and enjoy!

Nutritional Information for 1 tomato:
Calories 280, Fat 8g, Sat Fat 3g, Protein 12g, Carbohydrates 43, Cholesterol 14g, Sodium 137g, Fiber 8g

Recipe adapted and modified from its original version from Yummy Healthy Easy by Tammy Zalokar, RD,LDN,CHC. Nutrient analysis performed using ESHA software.

Upcoming Hot Topics Luncheons

The League of Women Voters of Lehigh County has reserved the Banquet Room downstairs in the Superior Restaurant, Emmaus, for 11:30 a.m. to 1:00 p.m. on these dates of the Hot Topics Luncheons: 2018: September 10, October 8, November 12, December 10; and 2019: January 14, February 11, March 11, April 8.

We have already received commitments for the topics of the first three luncheons, listed below.

Sept. 10 - "Plastics & the Shale Gas Industry" Outstanding speaker provided by the PA League Education Fund's *Straight Scoop on Shale* grant.

Oct. 8 - "Fix It: Healthcare At The Tipping Point" a film directed by Vince Mondillo, provided by *Lehigh Valley Medicare for All*

Nov. 12 - "Election Results" Bill White, Columnist, *The Morning Call*.

For the remaining luncheons, we are confirming speakers for a wide range of topics including local political issues, reforming the election process and the environment.

Our goal is to list the final program ASAP. In the meantime, you can follow the progress of scheduling the topics and speakers on *Upcoming Events* on the new website and also in the [Events](#) section of our [Facebook](#) page. **Did you know?** After the luncheon is over, Facebook places that listing under "Past Events." On those

listings, we often replace the event description with an article about the presentation.

There are "Local Leagues" in all of the counties in LVDA's area except Carbon and Schuylkill.

The websites of the local leagues in Berks County is www.lwvberks.org/, and for Monroe County is www.lwvmonroecountypa.com/ and Northampton County www.lwvnorthco.org.



Delaware River Basin Commission Proposed Regulations

When we Registered Dietitians calculate hydration needs for patients and residents, we don't think about where the water comes from. In all six of our counties, it comes from the Delaware River Basin.

The Delaware River Basin includes four states, including Pennsylvania, 42 counties, including our six and 838 municipalities. In 1961, President Kennedy and the governors of Delaware, New Jersey, Pennsylvania, and New

York for the first time signed concurrent compact legislation into law creating a regional body with the force of law to oversee a unified approach to managing a river system without regard to political boundaries. This is the Delaware River Basin Commission (DRBC).

The DRBC is considering opening the Basin to fracking-related activities that have been prohibited since 2010, namely the storage, treatment, disposal, or discharge of fracking waste and the

extraction of water or transfer of wastewater for fracking outside of the Basin. The Delaware Riverkeeper Network, Berks Gas Truth and similar organizations are concerned about this. Good news: the regulations include a total ban on fracking. Bad news: it is opening the door to taking water out of the DRB and bringing in wastewater from drilling sites elsewhere to the DRB that is of concern. If fracking is detrimental to the environment and public

See River Basin, page 6

Veggie Stand blossoms for Easton community

Outpatient Dietitian for Morrison Healthcare Amy Romberger, RD, LDN, and Diabetes Education Program Coordinator Alison Unger MPH, RD, LDN, represented Easton Hospital at the Veggie Stand in downtown Easton.

Amy and Alison distributed educational handouts, recipes and samples of kale chips to community members while they gathered their produce. The Veggie Stand is a cooperative effort between Easton Hospital, Lafayette College, the City of Easton and Crayola. This initiative works to bring produce to the people. The Veggie Stand blossomed from



management of multiple community gardens to a farm stand model that now services the public in downtown Easton on Thursday evenings during the summer. The produce is harvested from three locations, an urban farm in South

Side Easton, and two large gardens in Forks Township managed by Crayola and Lafayette College. Fruit from local orchards is also provided. Last year, the Veggie Stand distributed 7,000 pounds of produce to community members.

The only cost to participants is an optional, small donation. The efforts of the Veggie Stand do not end when the stand closes. Produce that remains at the end

of the evening is donated to the Easton Neighborhood Center and other food pantries. This resource offers downtown Easton fresh produce while harboring a strong sense of community involvement.

New River Basin Proposed Regulations

River Basin, from page 5

health, why ban it in the DRB yet support it elsewhere?

The DRBC has yet to vote on the proposed regulations. For some time, they have been saying a vote won't happen until late in 2018. Karen Feridun of Gas Truthers of Berks County suggests that they mean after the General Election on November 6. Karen reports that "the campaign continues. On June 13, the commission held one of its big meetings. Lots of people showed

up to comment to tell them they want a full fracking ban (and a rejection of the PennEast pipeline). Karen was excited about *not* supporting "SB 1189, a bill that would designate banning fracking as a taking of land by eminent domain.

Karen feels that it is a "subpar bill that probably would be shot down in a court challenge, but it was already approved by the Senate Environmental Resources & Energy Committee*. It is now going to the Appropriations Committee, so we've been

asking everyone to stop calling members of E&E and start calling the members of Appropriations to tell them to vote no. If it makes it through Appropriations, we'll start calling the full senate, then the house committee (s), etc. It's easiest to follow the action on our Facebook event page." www.facebook.com/BerksGasTruth/

**Senator John T. Yudichak, D-14, in Carbon County, is the Minority Chair.*

Update on 3rd-Party Reimbursement for RDs: Using the ICD-10

Third-party billing for registered dietitians has been changing rapidly over the past 10 years. We achieved great strides in reimbursement especially since our onset of licensure in Pennsylvania.

Despite these great strides, I still hear from many RDs who voice many frustrations when trying to navigate third-party reimbursement for their services.

While still frustrating, in recent years there have been many expansions to coverage for individual nutrition counseling and medical nutrition therapy. Obtaining coverage is sometimes all in knowing how to code.

The procedure codes for MNT of 97802 and 97803 are defined as follows:

- 97802: Initial assessment & intervention, individual, face-to-face, Each unit = 15 minutes
- 97803: Re-assessment & intervention, individual, face-to-face. Each unit = 15 minutes

The procedure code which can be used for preventative care is:

- Z71.3: Dietary Counseling and Surveillance

The next step would be using a diagnosis code at the highest level of specificity. You may be using a

four-digit code but in order to obtain coverage the code may need to be submitted at a higher level of specificity with a five-digit code in order to achieve reimbursement. The new ICD-10 codes offer more ways to identify



comorbidities to all conditions. This is where the MD order is crucial to all dietitians. In scope of practice, RDs cannot diagnose. The claims you will submit are a direct reflection of the diagnosis and level of specificity provided by the client's physician. And/or diagnosing provider. Don't be afraid to go back to your MDs to ask for more details.

Here are the 2018 ICD-10-CM Codes:

A00-B99 Certain infectious and parasitic diseases
 C00-D49 Neoplasms
 D50-D89 Diseases of blood

& blood-forming organs
 & certain disorders involving immune mech.

E00-E89 Endocrine, nutritional and metabolic diseases

F01-F99 Mental, Behavioral and Neurodevelopmental disorders

G00-G99 Diseases of the nervous system

H00-H59 Diseases of the eye and adnexa

H60-H95 Diseases of the ear and mastoid process

I00-I99 Diseases of the circulatory system

J00-J99 Diseases of the respiratory system

K00-K95 Diseases of the digestive system

L00-L99 Diseases of the skin and subcutaneous tissue

M00-M99 Diseases of the musculoskeletal system and connective tissue

N00-N99 Diseases of the genitourinary system

O00-O9A Pregnancy, childbirth and the puerperium

P00-P96 Certain conditions originating in the perinatal period

Q00-Q99 Congenital malformations, deformations and chromosomal abnormalities

R00-R99 Symptoms, signs & abnormal clinical & labora-

See 3rd Party, page 8

Getting the Straight Scoop on Shale

Through the League of Women Voters of PA Citizen Education Fund, funding is available to local leagues to increase the public's awareness about the environment. For example, a speaker funded by the grant will give "The Link Between Hydrofracking for Natural Gas and Plastics" at the Hot Topics Luncheon scheduled at 11:30 a.m. on September 10.

Also, we want the public to regard the "Shale" webpage on our website as a source of information and regard our local league as a partner in sharing information about plastics with the public. One tactic is to contact teachers and professors who mentor student organizations that are concerned about the issue. So far, Jan Little received positive feedback from a political science teacher at Parkland High School. Can you help? Do you know teachers who teach these subjects at public and private high

schools and colleges in our county? If so, please contact Jan Little if you have their names and contact information. And, check out our webpage, "Shale," under "Special Interests" on www.lehighcountylwv.org. Soon, the website address will be www.lwvlehighcounty.org.



Third-party reimbursement updates

3rd Party, from page 7

tory findings, not elsewhere class.

S00-T88 Injury, poisoning and certain other consequences of external causes

V00-Y99 External causes of morbidity

Z00-Z99 Factors influencing health status and contact with health services

A nutrition diagnosis could potentially fall in any one of these categories in order to code the condition at its highest level of specificity. For example, a client seen for anorexia nervosa (R63.0) would need to be coded to the highest level of specificity based

on all-inclusive symptoms. The "R" codes are only referring to general symptoms and signs (R50-R69). However, using the "F" code for Anorexia under F01 – F99 Mental, Behavioral and Neurodevelopmental disorders would be a more specific representation of the client's condition.

Here are some coding options for the R63.0 Anorexia:

Anorexia R63.0

hysterical F44.89
nervosa F50.00
atypical F50.9
binge-eating type F50.2
with purging F50.02
restricting type F50.01

Here is a great site that lets you click through the coding process to take your general symptoms (R-codes) to their most specific level.

<https://www.icd10data.com/ICD10CM/Codes>

Should you have any questions as you tackle your coding, please reach out at any time.

Jennifer Doane, MS, RDN, CSSD, ATC LVDA Reimbursement Committee, chair, Advantage Nutrition & Wellness, LLC, contact by email at:

lvdareimbursement@gmail.com.

Annual Diabetes Symposium: New Advances and Trends

Friday, October 19, 2018, at the Jefferson Campus - Dorrance H Hamilton Building – Connelly Auditorium from 8 a.m. to 3 p.m. This course is designed for practicing endocrinologists, primary care physicians, family physicians, nurse practitioners, physician assistants, certified diabetes educators, dietitians, nurses and trainees.

For more information, or to register, please visit : <https://cme.jefferson.edu/content/diabetes2018>. activity has been approved by the Commission on Dietetic Registration for 6.0 CPEUs



Food and Nutrition Conference and Expo (FNCE)

Experience dynamic educational opportunities not available elsewhere. Gain access to new trends, perspectives from expert speakers and applications that you can apply to practice right away. Plus, review products and services from over 380 exhibitors showcasing the latest and greatest offerings in food and nutrition.

Washington, DC is excited to host for the first time Academy of Nutrition and Dietetics annual Food & Nutrition Conference & Expo (FNCE).

FNCE is the world's largest and most comprehensive conference for food and nutrition experts and will take place October 20 -23 at the Walter E. Washington Convention Center. Attendees will participate in dynamic educational opportunities, gain access to new trends and review products and services from more than 380 exhibitors showcasing the latest and greatest offerings in food and nutrition.



Commission on Dietetic Registration Guidelines for Listing Credentials

There is a certain recommended order of listing credentials for Registered Dietitians (RD) or Registered Dietitian Nutritionist (RDN) The order should be listed as such:

- Graduate academic degree, RD, or RDN
- Specialty certifications with the CDR (e.g. CSG, CSO, CSP, CSSD, CSR)
- Licensure designation

- Other certifications (e.g. CDE, CNS, etc.)
- Fellow of the Academy of Nutrition and Dietetics (FAND)

The recommended order of listed credentials for Registered Dietitians (RD) or Registered Dietitian Nutritionist (RDN) with the CDR Advanced Practice Certification in Clinical Nutrition is:

- Graduate academic degree, RD-AP, or RDN-AP
- Specialty certifications with the CDR (e.g. CSG, CSO, CSP, CSSD, CSR)
- Licensure designation
- Other certifications (e.g. CDE, CNS, etc.)
- Fellow of the Academy of Nutrition and Dietetics (FAND).

Improper Use

- K. Bolek, MS, RD, LD, CSP, FAND, CDE
- L. Cline, NDTR, MS, LD
- J. Jones, CSG, RDN
- S. Smith, RD, MS, CSO
- A. Allen, RDN, LD, CSSD, CDE
- J. Johnson, RD, FAND, CSR
- R. French, RDN, MS, CSP, FAND, LDN
- E. Jacob, MS, RD, LDN, CSG

Proper Use

- K. Bolek, MS, RD, CSP, LD, CDE, FAND
- E. White, MS, RD-AP, CSP, LD, CDE, FADA
- J. Jones, RDN, CSG
- S. Smith, MS, RD, CSO
- A. Allen, RDN, CSSD, LD, CDE
- J. Johnson, RD, CSR, FAND
- R. French, MS, RDN, CSP, LDN, FAND
- E. Jacob, MS, RD, CSG, LDN

Source: "Eat Right™. Commission on Dietetic Registration the Credentialing Agency for the Academy of Nutrition and Dietetics." RSS, www.cdrnet.org/rd-credential-placement?set_ga_opt_in_cookie=1&set_ga_opt_in=Save Settings. Visit the following link for more information: <https://www.cdrnet.org/quick-links/guidelines-for-credential-placement>

Do you have an upcoming health and wellness event?

Advertise here!

Email lvdanewsletter@gmail.com for details.