

winter
2015



the **QUARTERLY NEWSLETTER** of the
Lehigh Valley Dietetic Association
Eat Right Lehigh Valley

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

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National Nutrition Month



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!



President's Message

Jan Little, MPH, RD, LDN/Immediate Past President

Help PA's Voting Percentage Place #1 Among Large States

Thank you to all who voted in the national election in 2014.

Every year, the Academy tracks the voting percentage of members from each state affiliate. Pennsylvania is a "large" state or category 4. This past year, our state placed 4th in voting participation.

1. Ohio 13%
2. Texas 12%
3. Florida 11%
4. Pennsylvania 11% (13% in 2013)

Nationwide, participation in the election in 2014 decreased from that in 2013. That year, Florida won this category with 15% of their membership voting. In 2014, they pulled ahead of us by less than a percentage point to place third, but we maintained our relatively high standing among the large states. Hopefully, during Election 2015, we can contribute toward a higher voting percentage. In doing so, we will receive one complimentary registration to attend the Academy's Food & Nutrition Conference & Expo.

Why You Should Vote in the PA Academy Election

After you vote in the Academy election online, you can click to vote in the PA

Academy ballot. You can also vote online using the state website. On the site, you can view the candidates for state President-elect, Secretary and for the three-year term as Delegate to the Academy, who will represent the Philadelphia and Lehigh Valley Dietetic Associations. Candidates for the Nominating Committee from Northwest, Central and Pittsburgh districts will also appear.

Why would someone from the LVDA vote for candidates for the offices of other districts? The winning candidates will join representatives from our district, as well as the Northeast and Philadelphia districts to seek candidates for Election 2016 and also review applications, as well as vote for recipients for the 2016 awards (Photos and captions of award recipients for 2014 appear on the AME webpage of our website).

I also ask you to please vote in the contest involving the unopposed candidates. In Election 2014 LVDA's representative on the state nominating committee, Martine Scannavino ran unopposed for a second two-year term. Ultimately, voting for all opposed or unopposed candidates shows support for the PA Academy.

BOARD OF DIRECTORS

EXECUTIVE BOARD MEMBERS

President: Open position

President-elect: Open position

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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.

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Lehigh Valley Dietetic Association



@EatRightLV

SUBMIT *to the Newsletter*

The LVDA newsletter is published four times a year. Members of the LVDA may email information and articles to Andrea Barnes at adeleo.barnes@gmail.com.

The Lehigh Valley Dietetic Association assumes no responsibility for statements made or expressed in this publication.



Treasurer's Report

Gina Consalvo, MA, RD, LDN, NCC /LVDA Treasurer

As of January 5, 2015:

Checking: \$ 5,275.08

Savings: \$ 1,703.33

CD: \$ 3,394.46

Membership Report

Laura Scarpino / LVDA Membership Coordinator

On behalf of the Lehigh Valley Dietetic Association, I would like to thank all of our 2014-2015 members who have chosen to apply or reapply for LVDA membership! So far, the Lehigh Valley Dietetic Association has 93 members, consisting of 69 registered dietitians, 23 dietetic interns/students and one DTR.

It's never too late to join LVDA and you don't have to live in our six counties to qualify! If you have a colleague or a peer who is a member of the Academy of Nutrition and Dietetics or the Pennsylvania Dietetic Association but has yet to join LVDA, encourage them to check out the LVDA website at www.eatrightlehighvalley.org or to email us at lvdamembership@gmail.com.

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!



Important Dates

Academy, PA Academy Elections
February 1-22, 2015

LVDA Elections
February 8-28, 2015

LVDA Board Meeting
March 10, 2015
Cedar Crest College, 6pm

Registered Dietitian Nutritionist Day
March 11, 2015

PDA Nutrition Conference
March 16-17, 2015

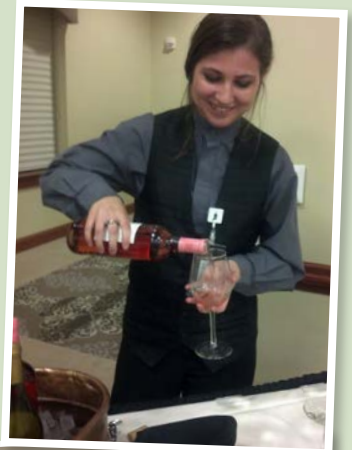
PA Academy Annual Meeting & Exhibition
May 1-3, 2015
State College, PA

Public Policy Workshop
June 2015
Washington, DC

LVDA ANNUAL MEMBERSHIP NETWORKING EVENT

The LVDA held its second annual networking event on Thursday, November 13th, 2014 at The Highlands at Wyomissing in Berks County. The year before, the event had been held at The Historic Hotel Bethlehem. The event was free for all members of the Academy of Nutrition and Dietetics. Those who attended enjoyed delicious hors d'oeuvres and wine, and had the chance to network with RDs from East Central PA.

Stay tuned for details of our next annual event this fall. We hope to see you there!



Pennsylvania Academy of Nutrition & Dietetics Annual Meeting & Exhibition

Save the date! May 1 – 3

The Penn Stater Conference Center Hotel, State College, PA • Stephanie Minkoff & Julie Charnosky, Planning Co-Chairs

The 2015 AME planning committee is excited to announce details for our annual meeting, to be held in beautiful State College the weekend of May 1–3. You can begin your weekend by attending pre-conference workshops and the Foundation Fundraiser event, happening on Friday evening.

Our theme this year is Reconnect – Your Career – Your Passion! Features of the event will include Academy highlights

and updates from Evelyn F. Crayton, EDD, RDN, LD, President-Elect of the Academy of Nutrition and Dietetics, and Jean Lloyd, MS, RD, National Nutritionist with the United States Administration on Aging, presenting on Nutrition and Aging at the Kay Bishirjian Memorial Lecture. Please join us to see these dynamic speakers and many more!

Hope to see you there!



2015 LVDA Elections

The LVDA Nominating Committee is pleased to announce candidates for President–Elect, Secretary, and Nominating Chair–Elect. The ballot and candidates' biographical information will be posted on our website and will be emailed by February 1.

Considering a board position? We are still in need of a candidate for Continuing Education Chair–Elect. If you would like to suggest a candidate or find out more about this position, please contact Nominating Chair Andrea Barnes at adeleo.barnes@gmail.com.

Nominating Chair–elect (1–year position) serves for two years, beginning as Chair–elect for the first year, assuming the office of Chair in the second year.

• Assists the Chair in the development of a ballot and all awards activities at the district level.

• Assists the Chair in preparing and disseminating ballots for elections, ensuring the votes are tallied, and submitting a report of the outcome of the election.

• Maintains records of persons contacted to run for office, possible future candidates, as well as copies of past ballots and voting results.

• Works in conjunction with LVDA's representative on the PADA Nominating Committee to nominate individuals for state awards.

Not interested in an elected position, but still want to help out?

Consider volunteering to fill an appointed position. Many elected members first join the subcommittee. Right now there is one appointed position available. Please consider volunteering for:

Career Guidance Chair (Starting as soon as possible)

• Be an association liaison to colleges and universities

Public Policy Update

Nora Allen RDN, LDN/LVDA Public Policy Co-Chair

The Public Policy Committee has been gearing up for another year of advocacy. One of the first plans has been to engage our members in writing congratulatory letters to newly elected and re-elected legislators in their district. Thank you to all who have volunteered to help! This is a great way to establish connections with the elected officials.

We also have some events on deck this spring. In the past, Take Your Legislator to Work Day (TYLTWD) has been an effective and engaging event. We hope to hold TYLTWD events at a few different venues in the area to maximize member participation. This allows legislators and/or their aides to see firsthand what dietitians do, as well as how some of the legislation affects our profession. It truly makes a lasting impression.

The third event we hope to hold is an informational workshop on speaking with legislators. For many, this can be daunting. This training will help members to feel more comfortable and confident in representing our profession and making their voices heard. Be on the lookout for dates and times for these events. We hope to see you there!



Did you attend a food and nutrition event in the Lehigh Valley?



Tweet your photos to @EatRightLV and we'll share with our followers.



SHARE OUR STRENGTH'S
**COOKING
MATTERS**[®]
NO KID HUNGRY

Change Lives in our Community!

Volunteer with Cooking Matters™

The Second Harvest Food Bank of Lehigh Valley and Northeast PA continues to offer Share Our Strength's Cooking Matters throughout our service area. Cooking Matters is a cooking and nutrition education program that teaches low-income families how to cook healthy, delicious meals on a budget. The program is six weeks and consists of weekly, hands-on classes that are led by a team of experienced chefs and nutrition professionals. Weekly lessons vary in topic and are thoroughly outlined in the Cooking Matters Instructor Guides. Cooking Matters aims to empower families, adults, teens, and kids with the skills and confidence to sustain healthier lives. Classes of between 10 and 15 participants are currently planned throughout Carbon, Lehigh, and Northampton counties.

Nutrition instructors have the opportunity to facilitate dialogue in conjunction with the extensive Cooking Matters nutrition curriculum. Each week has a lesson plan, objectives, and talking points constructed around various topics dependent on the course audience. Registered Dietitians, dietetic interns and those with nutrition and/or food science backgrounds are encouraged to apply. All Cooking Matters volunteers undergo an online and in-person training to prepare to lead their first course.

In addition to professional development and sharing their passion for nutrition and health, instructors have the opportunity to network with other nutrition professionals, chefs, and food lovers. Since new recipes are made each class, you may even learn a new culinary skill or two.

If you are interested in volunteering with Cooking Matters, please contact Nutrition Educator Carrie Spera at 610-434-0875 x3313 or cspero@caclv.org. To learn more about Cooking Matters, visit www.cookingmatters.org.

The League of Women Voters of Lehigh County

Hot Topics Luncheons

The public is welcome to attend Hot Topics Luncheons, held by The League of Women Voters, starting at 11:45 am on the second Tuesdays of February through April 2015. Starting next month, they will take place at the Superior Restaurant, located at 102 State Rd. & Main St., Emmaus, PA 18049.

Tuesday Hot Topics Luncheon Dates, Topic and Speaker:

February 9: "Why the 2016 Election Matters," Chris Borik, Muhlenberg College

March 9: "Allentown Health Department," Vicky Kistler

April 13: Trexler Wildlands Conservancy

The cost of the lunch is \$11. Please email Jan Little (jklrd@jklrd.com) the week before these dates to pre-order the buffet luncheon.

Saturday, May 16th: Annual Luncheon and Meeting at Morgans on North Cedar Crest Blvd.

Order from the menu. Please email Jan Little (jklrd@jklrd.com) the week before these dates to reserve a seat.

Above meetings not in your county? Links to other county Leagues in our area appear on the Resources webpage of the LVDA's website (www.eatrightlehighvalley.org).

Running for Office in the Municipal Election 2015

Every other year, the Lehigh County and Northampton County Leagues hosted a workshop for citizens interested in running for local office. Even if you're not running for office, you can learn a lot about municipal elections by attending. More information about the Municipal Election 2015 appears on the Public Policy Page of the LVDA website.

The Running for Local Office Workshop will take place on Saturday, February 21, 2015 from 8am to 12:30pm, at Northampton Community College, Gates Center - Alumni Hall (Room 130 C&D), 3835 Green Pond Road, Bethlehem, PA 18020. Cost: is \$45. Reservations are due by February 16, 2015. The form may be found on <http://www.lwvlv.org/>



Registered Dietitian Nutritionists are advocates for advancing the nutritional status of Americans and people around the world. On March 11th, Celebrate the 8th annual Registered Dietitian Nutritionist Day with recognition of the professional expertise and accomplishments of RDs and RDNs. For facts and ideas on how to celebrate, go to www.eatright.org/NNM and click on Registered Dietitian Day.

And don't forget to recognize the valuable contributions of DTRs as part of your healthcare team!



Public Health Initiatives

This past fall, the Allentown Health Bureau launched an initiative to assist Allentown employers with their response to the 2010 Patient Protection and Affordable Care Act. This act mandates that all employers of 50 or more employees give nursing mothers the time and space needed to express breast milk while at work. The intent of the law is to improve the health of babies, mothers, and families as a whole. Breastfed babies are at lower risk for short- and long-term illness, obesity, and even SIDS (Sudden Infant Death Syndrome). Breastfeeding mothers who are accommodated by employers in their effort to continue breastfeeding their babies have better overall health, less absenteeism, greater productivity and job satisfaction.

With the help of a \$40,000 grant received from the Pennsylvania Department of Health, the Health Bureau's Nutrition & Physical Activity Manager, Tina Amato, MS, RD, sent letters to Allentown employers and provided workplace assessments to identify creative solutions for identifying and furnishing designated space, and provided signage, as well as breastfeeding support from the Lehigh Valley Breastfeeding Coalition.



Delegate Report

Susan E. Adams, MS, RD, LDN, FAND • Chair of Delegates, representing Philadelphia and the Lehigh Valley.

Hello LVDA members and Happy New Year!

The House of Delegates of the Academy of Nutrition and Dietetics has been busy and here is the update from our fall 2014 meeting. Additionally we will be meeting virtually in the spring on May 2 & 3, 2015. The mega issue for discussion is "Engaging Members in the Need to Address Malnutrition across Dietetic Practice Settings." The background, summary and fact sheet will be released on February 5, 2015. If you are interested in this topic and would like to discuss with me, please contact me at seadams@rcn.com and I will set up a time for a conversation with you.

Additionally the HOD will consider some membership category changes: The Academy of Nutrition and Dietetics is currently proposing two bylaws amendments to its membership categories. The first proposed amendment broadens the qualifications for the retired member from "no longer employed" to "no longer gainfully employed". The second proposed amendment allows international students to become members under the international membership category.

Delegate Update: Outcomes of the fall 2014 HOD Meeting

The House of Delegates (HOD) conducted a mega issue dialogue on business and management skills and a current practice issue discussion on the preceptor shortage and limited supervised practice positions on October 17-18, 2014 in Atlanta, GA.

As a result of the dialogue, two motions were passed by the House of Delegates and the resulting following activities have been requested by the HOD:

1. HOD Motion #1 – The HOD requests that the House of Delegates Leadership Team establish a task force with representation from various DPGs and internal and external stakeholders. The task force will review all of the HOD input

from the dialogue session to determine a plan to assist members and students with building, enhancing and utilizing skills and knowledge related to business and management. The plan will need to minimize impact on the Academy's budget and the plan will be submitted for review by the House of Delegates when they meet again in May, 2015.

2. HOD Motion #2 – The HOD requests that the speaker of the House of Delegates communicate all of the input generated by the HOD to ACEND, CDR and NDEP, for their consideration in addressing these two critical issues facing the profession. ACEND, CDR and NDEP will report back to the HOD on progress to address these two issues in fall and spring 2015.

Many updates were reported to the HOD on the financial, membership and general health of the Academy of Nutrition & Dietetics with all reports being excellent. We have more than 75,000 members in the Academy! Speaker of the House Elise Smith issued a challenge to have 100% of the HOD to donate to the Political Action Committee and the challenge was met!

After the meeting, the 26 delegates and I participated in working at the Atlanta Food Bank where I am happy to report we were able to pack 6,192 pounds of food and non-food items which resulted in 5160 meals for agency clients. It was humbling and energizing work that made a difference in my life by experiencing this work firsthand.

All materials related to the fall 2014 House of Delegates meeting, including updates from various Academy organizational units, can be accessed by linking to: www.eatright.org/hod. Click on Fall 2014 HOD Meeting, then Meeting Materials.

Susan Adams can be contacted with any comments, questions, or concerns at seadams@rcn.com

2015 Pennsylvania Department of Aging (PDA) Nutrition Conference

"Too Much... Not Enough... Just Right: The Inconsistencies of Seniors' Food Choices" PDA Nutrition Conference will be held March 16-17, 2015 at the Holiday Inn Harrisburg Hershey (604 Station Road, Grantville, PA).

Sponsored by: PA Department of Aging and Long-Term Living. Check out the LVDA website for the conference agenda. Please contact Mona Lemanski, RD, LDN, CDE at c-mlemansk@pa.gov for additional details.



National Nutrition Month

The theme of National Nutrition Month 2015 is “Bite Into a Healthy Lifestyle.”

Public libraries in PA are tasked with bringing evidence-based information about health to their patrons. Since RD's are experienced with providing this information, the LVDA is asking for volunteers to partner with local libraries to educate our communities in March. Nutrition Education Chair Christina Beitler, and Public Relations Chair Denise Frey are creating programs and materials LVDA members can provide to public libraries in our area.

Here's how LVDA members can help:

1. Offer a custom-designed flyer about RD-recommended websites to librarians to post next to computer terminals. Librarians can also post these links on their websites for patrons to use.
2. Offer informational handouts in English, Spanish and Chinese that librarians can download from the Academy website and print for their patrons.
3. Put up a display based on the National Nutrition Month 2015 theme. Check out the LVDA website for sample displays.
4. Set up a book cart with RD-Recommended books.
5. Read books about nutrition to children and their families.
6. Offer cooking classes.
7. Offer nutrition information to adults, children and families.
8. Ask your local library how you can help.

The LVDA has already connected with these dominant libraries and their branches located in our area:

Easton Public Library • www.eastonpl.org

Bethlehem Area Public Library • www.bapl.org

South Side Branch • www.bapl.org/ssmain.htm

Pottsville Free Public Library • www.pottsvillelibrary.org

Reading Public Library • <http://readingpubliclibrary.org>



Allentown Public Library • www.allentownpl.org

Dimmick Memorial Public Library • www.dimmicklibrary.org

Lehigh Area Memorial Library • <http://lehighonlibrary.com>

Eastern Monroe Public Library • www.monroepl.org/

Tell us about another public library located in our six counties that might be interested in participating. Please contact Public Relations Chair Denise Frey (escapee@ptd.net) to learn more about what you can provide these public libraries during the month of March.

Volunteer opportunities are available right now!

Darren DeArment, MLIS, Head of Youth Services at the Pottsville Public Library, would like one of our members to teach how to make easy and nutritious “no bake” snacks for a series of children’s cooking classes called “Make, No Bake and Play” on Thursdays from 4-5:30 pm. Megan Kimmel, Amy Franzosa, Lauren Hope and Lori Knittle have volunteered.

Marissa Guidara, the children’s librarian at the Reading Public Library, would like one of our members to give a 60-minute, after-school cooking class for school-age children and their families on Fridays at 4 pm called “Read It and Eat It.” So far, Emily Wunder has volunteered. Please contact Jan Little at jkldr@jklrd.com if you are interested in giving these classes.

The Bethlehem Area Public Library is also setting up weekly CSA farm-share deliveries with the Greater Lehigh Valley chapter of *Buy Fresh. Buy Local* for patrons at both Bethlehem branches.

Thank you to those who have already volunteered!

Heather Johnson will read “I Will Not Eat a Tomato” to preschoolers and their families at the Allentown Public Library. Heather and a colleague will offer nutrition information at a community health day on March 14. Also, Cedar Crest College Dietetic Intern Amy Romberger is putting up an information display at the Allentown Public Library.

Sherrri PENCHISHEN is presenting about the nutritional benefits of eating locally-grown fruits and vegetables at the end of February and on March 7 at the Bethlehem Area Public Library.

Nicole Reeder, Christina Brecht and Marty Davey will volunteer at the Eastern Monroe Public Library. Gina Consalvo will volunteer at the Easton Public Library. Denise Frey and Dietetic Interns from Cedar Crest College will be volunteering at the Panther Valley Library in Lansford.

