

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 enjoying the beautiful Fall season. Our committees and board members are working toward planning networking events, CEU events, fundraising events and making pairings for our mentor/mentee program. Be on the lookout soon in your inboxes and our social media for updates on each of these.



Our next board meeting will take place on Wednesday, November 16th from 6-8pm. We have secured a conference room in Allentown for an in-person meeting, but a Zoom option will also be available. Look to the website and your email inboxes soon for more information on the location and Zoom information.

If you applied to be in the Mentor/Mentee program, our Career Guidance Chair, Bethany Smith, will be reaching out to you with the pairings in the next few weeks. We appreciate the mentors for volunteering your time to guide our mentee applicants. This program is a great way to ask questions about the dietetics profession, the RD exam, career paths, and so much more!

We are also in the process of setting up two exciting fundraisers to offer you all during the holiday season. These fundraisers will be open to any LVDA member to share with their family and friends, and maybe even knock a few holiday gifts off of your shopping list! We will be providing more information and the links to these websites soon in November, so once again check your emails and our social media pages in the coming weeks....

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President's Message Continued

By Lyndi Wieand, MHSc, RDN, LDN

Additionally, we have several vacancies amongst the LVDA Executive Board. We currently have President-Elect, Continuing Education Chair-Elect and Nominating Chair-Elect vacant, all of which have voting power and are a priority to be filled.

If you are interested in becoming more involved in our organization and volunteering a few hours a month to give back to the profession, please reach out to our Nominating Chair, Abigail Nessel at lvdanominating@gmail.com for more information.

Last but not least, in order to celebrate the winter holiday season, I'm working with board members to plan a Networking/Happy Hour event in early December for anyone who may be interested in sharing some appetizers, beverages and conversation with fellow nutrition professionals in our organization. This event is going to be completely optional, but it would be a great way to meet some of you! There will be more information and details to come!

Thank you all for your support of the LVDA!

Stay safe and well and enjoy this time of year!
Lyndi Wieand



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**LVDA 2022 - 2023
BOARD MEMBERS**



LVDA 2022 - 2023 Board Members

- **President:** Lyndi Wieand, MHSc, RDN, LDN (lvdapres@gmail.com)
- **President-Elect:** **Vacant**
- **Secretary:** Jessica Haase, RDN (lvdasecretary@gmail.com)
- **Treasurer:** Mindi Manuel, MS, RD, CSG, LDN, CDP (lvdatreasurer@gmail.com)
- **Nominating Chair:** Abigail Nessel, RD, LDN (lvdanominating@gmail.com)
- **Nominating Chair-Elect:** **Vacant**
- **Continuing Education Chair:** Ally Vinciguerra, 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 2022 - 2023 Board Members

- **LVDA Rep. to PAND Nominating Committee:** Jennifer Howell, MS, RD, LDN (lvdareptopand@gmail.com)
- **Public Policy Chair:** Jeanne Smith, RD, LDN (lvdapublicpolicy@gmail.com)
- **Nutrition Education:** Sherri Cirignano, MS, RDN, LDN (lvdanutritioned@gmail.com)
- **Website Coordinator:** Sarah Durbin, RDN (lvdawebmaster@gmail.com)
- **Newsletter Editor:** Maria Leon, MHSc, RD, LDN (lvdanewsletter@gmail.com)
- **Career Guidance Chair:** Bethany Smith, RDN, LDN (lvdacareerguidance@gmail.com)
- **Reimbursement Chair:** Jennifer Doane, MS, RD, CSSD, LDN, ATC (lvdareimbursement@gmail.com)
- **Social Media Chair:** Sarah Durbin, RDN (lvdasocialmedia@gmail.com)
- **Fundraising Chair:** Jusina Neff, MS, RDN, LDN (lvdafundraising@gmail.com)
- **Student Liaison:** Anna Rasmussen (lvdastudentliason@gmail.com)



LVDA 2022 - 2023 Board Members **Open Positions**

- **President-Elect: Vacant**
- **Nominating Chair-Elect: Vacant**
- **Continuing Education Chair-Elect: Vacant**

If you are interested in applying to any open board positions, please reach out to our Nominating Chair, Abigail Nessel at lvdanominating@gmail.com



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. 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

Public Policy

by Lyndi Wieand, MHSc, RDN, LDN

Updates on HB1020:

PAND is continuing efforts for the licensure initiative. HB1020 is our legislative priority to expand title protection and practice protection. Licensure bills won't move unless all stakeholders are supportive or neutral. The opposition hasn't been very agreeable to get this Bill moving forward, asking for several revisions to be made. Unfortunately, our Bill will not be brought up for vote this fall due to the limited number of session dates left this term and elections occurring on November 8.

Once the new legislators are elected, they decide which committees they will support in January. The Bill will be reintroduced to the Senate Professional Licensure Committee at the next session. One of our key supporters, Dave Hickernell will be retiring, so PAND may be dealing with a new contact in the next session. Support of this Bill is imperative and we as dietitians need to use power in numbers to help get our profession out there and meet with legislators in our district!



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.

Pumpkin Bread

by Maria Leon, MHS, RD, LDN

The minute fall hits, the first thing that hits my mind is pumpkin!! To me, it embodies exactly what fall feels like. I swear it is impossible to have just one type of pumpkin dessert because they all taste so good. I have been trying out different recipes for pumpkin bread over the years to find ways to meet all the diet restrictions that many people in my life follow and I finally hit the jackpot and wanted to share it with you all.

I found a recipe that allowed for all restrictions to be met and tasted better than I could have imagined. You can find the recipe [here](#). I typically add dried cranberries and use flaxseed and water instead of eggs. If you are looking for a new fall recipe or have any individuals with diet restrictions in your life, I highly recommend this recipe. I have made a vegan and gluten free version and they taste just as delicious as the original recipe.



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 16th from 6pm- 8pm
- Keep a look out for updates via email and the LVDA website.
- Meeting will be virtual/In-person; More details to follow!

Upcoming Events

Coming soon.... Stay tuned for updates on upcoming events and fundraisers



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>)