

# LEHIGH VALLEY DIETETIC ASSOCIATION QUARTERLY NEWSLETTER

Spring 2014

[www.eatrightlehighvalley.org](http://www.eatrightlehighvalley.org)



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

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## PRESIDENT'S MESSAGE

*Janet K. Little, MPH, RD, LDN / LVDA President*



This past year was a great one for the LVDA. We put on a marvelous Annual Meeting and Exhibition, that featured our active membership as well as historic downtown Bethlehem. Our membership reached 90, and should continue to grow. I found it rewarding to represent our group at PA Academy board meetings and to the Academy as well.

### In Search of: President and President-Elect

Although I have enjoyed serving as President, I cannot continue for a fifth consecutive term. We are looking for a President and President-Elect to lead the LVDA moving forward. In fact, we need to appoint a President as soon as possible to fill the term that started on June 1, and to serve from 2014-2015. We then need to appoint a President-Elect who can learn the ropes in order to serve from 2015-2016. The position descriptions appear on the [Board Information](#) webpage of the LVDA website.

Contact me at [jkldr@jklrd.com](mailto:jkldr@jklrd.com) to discuss either position. As Immediate Past-President, I will review bylaws and the Policies and Procedures manual with you. And, of course, I will offer guidance as needed to the President and Board members.

Please consider stepping up to fill either of these rewarding positions. I have enjoyed my time as President of the LVDA. I know that you will, too.

### In Search of: Newsletter Copy and Layout Editors

Starting with the summer issue, we need a Newsletter Copy Editor and/or Layout Editor. The copy editor gathers reports from Board members and members and sends them to the proofreader. The Layout Editor places the copy into the template, available in Publisher. Please contact me, if you are interested. Jan and Evelyn Little will be happy to show incoming editors the ropes. Just take on the summer issue and see how it goes!

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## BOARD OF DIRECTORS

### Executive Board Members

#### President & Newsletter Editor

Janet K. Little, MPH, RD, LDN  
jklrd@jklrd.com

#### Secretary

Jamie Rola, BS  
jlynno427@yahoo.com

#### Treasurer

Tom Laubscher, MS, RD, LDN  
vt1818@ptd.net

#### Continuing Education Chair

Lauren Regina RD, CSO, LDN, CNSC  
ler121@hotmail.com

#### Nominating Chair

Nora Allen, RD, LDN  
nora.allen@gmail.com

### Board Members

#### Nutrition Education

Christina M. Wolfe, MS, RD  
chrissyтина81686@aol.com

#### Membership Coordinator

Laura Scarpino, BS  
lala11park@aol.com

#### Reimbursement Chair

Jennifer Doane, MS, RD, CSSD, ATC  
JDoane@advantagenutritionandwellness.com

#### Legislation and Public Policy Co-Chairs

Nancy Wagner, MBA, RD, LDN &  
nreismeier@rcn.com

Kandi Perazzo, MA, RD, LDN  
ardvarknutrition@hotmail.com

#### Website Coordinator

Jacqueline Labatch RD, LDN  
nester.jackie@gmail.com

#### Career Guidance Chair

Deb Santoro, RD, LDN, SPHR  
dsantoro@curahospitality.com

#### Public Relations Chair

Denise Frey, RDN, LDN  
escapee@ptd.net

#### LVDA Representative on PA Nominating Committee

Martine Scannavino, DHSc, RD, LDN  
miscanna@cedarcrest.edu

#### Academy 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 US

### Address

Lehigh Valley Dietetic Association  
PO Box 3388  
Allentown PA 18106-0388

### E-mail

LVDAmembership@gmail.com

## SUBMIT TO THE NEWSLETTER

The LVDA newsletter is published four times a year. Members of LVDA may email information to the Editor at jklrd@jklrd.com.

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

## TREASURER'S REPORT

*Tom Laubscher, MS, RD, LDN / LVDA Treasurer*

As of June 3, 2014:

Checking \$3,955, Savings \$1,703, CD \$3,389

(Continued from page 1.)

### Congratulating Outgoing and Incoming Board Members

The results of the recent election are in! Gina Consalvo, MA, RD, LDN, NCC began her two-year term as Treasurer on June 1. The Continuing Education Chair-Elect is Wendelyn (Wendy) Boehm, MS, RD, LDN. She will be working with Chair Alexis Strelecki, RD, LDN. Lauren Regina, MS, RD, LDN, is outgoing Chair. The incoming Nominating Chair-Elect, Heather Lamson, BS, will be working with Chair Andrea Barnes, MS, RD, CSG, LDN. Alexis was Fundraising Chair and Andrea was Awards Chair on the AME 2014 Committee. Tom Laubscher, MS, RD, LDN, was the Financial Coordinator as well as Treasurer for the LVDA. Thank you so much, Tom, for taking on that responsibility for the last two years! Lauren Regina exhibited for Young's Medical Equipment at the AME. Thank you for all of your help, Lauren!



The LVDA Board Meeting on May 20 at Chris' Diner in Allentown.

### LVDA Member on Academy Board of Directors

Congratulations to Denice Ferko-Adams, MPH, RDN, LDN, Past President of the LVDA and the PA Academy and a 2012 Medallion recipient for being elected as Director-At-Large on the Board of Directors. The Director-At-Large serves as a member of the BOD, as a liaison to other groups as requested by the president. Denice will be communicating with members and non-members about the Association programs and initiatives to understand the profession and the needs of members. She will encourage and promote diversity and including all views.

## MEMBERSHIP REPORT

*Laura Scarpino, BS / LVDA Membership Coordinator*

On behalf of the Lehigh Valley Dietetic Association, I would like to thank all of our 2013-2014 members who have chosen to apply or reapply for LVDA membership! Our 2013-2014 membership year has come to a close and we ended the year with 90 members. Membership consisted of 69 registered dietitians, 20 student/dietetic interns and 1 DTR.

The Lehigh Valley Dietetic Association is still holding the 2014-2015 Membership Drive with early bird membership rates. The early bird rate is available until June 30, 2014. Do not forget to take advantage of the discounted membership rate. So far, the Lehigh Valley Dietetic Association has 27 members, consisting of 24 registered dietitians, 2 dietetic intern/students and 1 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](http://www.eatrightlehighvalley.org) or to email us at [lvdamembership@gmail.com](mailto:lvdamembership@gmail.com).

# THE PA ACADEMY'S ANNUAL MEETING & EXHIBITION IN 2014

*Janet K. Little, MPH, RD, LDN  
& Tina Amato, MS, RD, LDN / AME 2014 Co-Chairs*

Approximately 280 registered dietitians from across Pennsylvania convened at the Historic Bethlehem Hotel on April 23-25 for the annual meeting of the Pennsylvania Academy of Nutrition and Dietetics. Registered dietitians attending the event had an array of speakers, exhibits and food demonstrations vying for their attention during the action-packed three-day meeting.

## Pre-Annual Meeting Workshops

On Wednesday, April 23, three Pre-AME workshops were offered on topics relating to reimbursement for RDs and professional licensure issues. LVDA members Jacqueline Jarrett, RD, CDE and Jennifer Doane, MS, RD, CSSD, LDN, ATC gave "Reimbursement for MNTs in the AHCA Era."

A four-hour interactive workshop, "Spanish for Dietitians," enabled attendees to better understand and communicate with clients from among the 750,000 Hispanic Pennsylvanians or 6% of the total population of the Commonwealth (2011), 68% of whom speak a language other than English in the home.

## Exhibit Hall and Poster Sessions

On Day One, Thursday, April 24, twenty-seven exhibitors were in the Lobby and Terrace Room. A list of exhibitors, sponsors and donors appears on the home page of the state website and on the AME 2014 webpage on the LVDA website. Thirty-eight posters were on display in two rooms on the Mezzanine. Four sets of poster authors received certificates. See the insert to the right for the results.

*(Continued on page 5.)*



View of the Grand Ballroom on Friday, April 25

## Poster Session Winners

### Design & Graphics

*The West Chester Fire Department Work-Site Nutrition Program* by Elizabeth Smith, MPH, Mary Beth Gilboy, PhD, RD, LDN and Irene Shetron from West Chester University

### Topic of Current Interest

*Identifying Barriers to Weight Management in Cancer Survivors* by Jennifer Brennan, RD, CSO, LDN, Janine Gilboy, RD, LDN, Erin Levine, RD, CSO, LDN and Kelley Koplun from Lehigh Valley Hospital & Health Network

### Creativity

*Preceptors: The Impacts of Their Personal Traits on Dietetic Interns Learning Experience* by Micheline Orłowsky, Leah Stephens and Jess Koeppel from Cedar Crest College

### Unique Experience

*Education of WIC Nutritionists Regarding Infant Feeding* by Tania Bezerra, RD, LDN and Dr. Laura B. Frank, PhD, RD, LDN from Immaculata University



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### A Focus on Public Policy

This year's program included one session concerning public policy on each of the three days. State Licensure Chair Meg Rowe gave a Pre-AME workshop on Professional Licensure, and the Public Policy Panel presided over an information table in the Exhibit Hall on April 24 and a session that included our lobbyist and Rep. Gerald Mullery, D-119, Nanticoke, a member of the Health standing committee, on April 25.

### PA Academy Awards Ceremony

The Awards Luncheon was held on Day Two, Friday, April 25. Afterward, Dr. Glenna McCollum, Academy President, gave the Anna DePlanter Bowes Lecture on Childhood Nutrition. Then, she congratulated 11 recipients of the PA Academy awards and three recipients of the Foundation scholarship during the Awards Ceremony. PA Academy President Sharon Piano recognized four 50-Year members and four 50+-Year members of the Academy. Foundation Director Lisa Jones recognized past presidents of the PA Academy.

For the first time, previous recipients presented the same award or scholarship to this year's recipients. Recipients and their guests were seated with the presenters at tables at the front of the Grand Ballroom which expedited the proceedings. Soon, a list of the awardees and presenters will appear on the Membership webpage on the LVDA website.

You can view candid photos of attendees taken by Frank Mitman Digital Photographic Imaging on Friday, April 25 during Dr. McCollum's lecture on childhood nutrition and during and after the Awards Ceremony at <http://www.frankmitman.com/studio-previews/>.

Thank you to the attendees who completed the evaluation on SurveyMonkey. We are eager to share all of your feedback about the sessions, events and venue at AME 2014.



This year, the PA Academy had four 50 Year members. Two of them attended the Awards Ceremony. Four 50+ Year members attended, including LVDA member Grace Fried.



Glenna McCollum, Lisa Jones and Sharon Piano, after the Awards Ceremony, where Lisa Jones was honored as Outstanding Dietitian.

## LVDA SHOWCASED AT THE 2014 AME

### Awards and Scholarship Recipients and Presenters

The PA Academy Awards Ceremony took place on Friday, April 25 at the Annual Meeting & Exhibition (AME). The AME Planning Committee was proud to honor LVDA members in their home district.

Incoming LVDA Nominating Chair and Committee Awards Chair, **Andrea Barnes, MS, RD, LDN**, began the Ceremony. For the first time, previous recipients presented the awards and scholarships to this year's recipients.

A recipient of the 2013 PA Academy Foundation Scholarship, Christine Williams, BS, of the Philadelphia Dietetic Association, presented certificates to this year's recipients including **Andrea Avery, BS** of Bangor, PA, who is pictured with Academy president Dr. Glenna McCollum, MPH, RDN. Andrea is finishing her internship at Sodexo.

Former LVDA Secretary **Nicole Rhoads, RD, LDN**, received the Recognized Young Dietitian of the Year for the LVDA from **April Rudat, MS, RD, LDN** who had received this award for NE PA Dietetic Association in 2008.

April Rudat also presented one of the two Keystone Awards to **Tina Amato, MS, RD, LDN**, for whom she worked in 2002.

Tina Amato presented the Emerging Dietetic Leader to Jill Jayne, MS, RD, LDN of the Pittsburgh Dietetic Association. Did you know that Tina received the first Emerging Dietetic Leader award in 1997?

**Evelyn Little, MS, RD**, member of the LVDA, presented this year's Outstanding Student Award to Erin Long, BS. Both Evelyn and Erin attended the University of Pittsburgh. Evelyn, who now works at California Pacific Medical Center in San Francisco, was also the Registration & Publications Chair for the 2014 AME.

A week later, Judy Dodd, past president of the Academy and PA Academy and recipient of the Academy's prestigious Marjorie Hulsizer Copher Award in 2008 said, "I liked the Academy awards from last year's winners!"

Congratulations to all award and scholarship winners! Thank you to previous award winners for participating.

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### Presiding Officers and Speakers

Many LVDA members served as presiding officers for Pre-AME workshops on April 23 and for sessions on April 24 and 25. **Nicole Rhoads, RD, LDN** served as presiding officer for former LVDA Nominating Chair, **Meredith Mensinger, RD, LDN**, the corporate dietitian at Redner's Warehouse Markets, who gave "Health and Wellness on the Front Lines: A RD's Role at Point of Sale in the Supermarket".

**Tina Amato, MS, RD, LDN** was presiding officer for our Keynote speaker, Joanne Grossi, who gave "The Affordable Care Act, the Marketplace, and Nutrition Services". Next, long-time LVDA Public Policy Chair and resident of Easton, **Nancy Wagner, MBA, RD, LDN**, introduced Glenn Steckman, Administrator of the City of Easton, who gave the session about professional ethics. Next, LVDA members Tina Amato and **Sherri Penchishen, MPH, RDN, LDN, FAND**, participated in a panel giving the Lehigh Valley dimension to "Community Nutrition Initiatives." **Kati Fosselius, MS, RD, LDN**, was the presiding officer.

Local Arrangements Chair **Jacqueline Dixon, RD, LDN**, introduced Tim Balshi of Seasons Olive Oil & Vinegar Taproom, located across the street from the Historic Hotel Bethlehem, who gave a demo "Extra Virgin Olive Oil 101, Myths and Reality" in the Exhibit Hall. **Denice Ferko-Adams, MPH, RDN, LDN**, introduced **Marty Davey, MS, RD, LDN**, who gave a demo "Trending Now: Plant Based and Yummy" in the Mural Ballroom.

Former LVDA Continuing Education Chair and AME 2014 Program Chair, **Cara Hillenbrand, RD, LDN**, introduced two pre-AME workshops. In the morning, LVDA Reimbursement Chair and AME Posters Chair **Jennifer Doane, MS, RD, CSSD, ATC**, gave "Reimbursement for Medical Nutrition Therapy in the Affordable Healthcare Act Era" with her business partner and former LVDA Treasurer **Jacqueline Jarrett, RD, LDN, CDE**. In the afternoon, Cara introduced "Spanish for Dietitians", a 4-hour interactive workshop given by **Sandra Arevalo, MPH, RD, CDE** and **Nicole Patience, MS, RD, LDN**. Cara was also a speaker. With **Linda Bump, RD, LNHA**, she gave "Resident Directed Care and Long Term Care Dining Practice Standards: Promoting Improved Clinical Outcomes." Moravian Hall Square in Nazareth and Sodexo sponsored the session.

## SAVE THE DATE FOR THE 2015 AME

### When

May 1-3, 2015

### Where

Penn Stater  
Conference Center Hotel  
215 Innovation Boulevard  
State College, PA 16803



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## PUBLIC POLICY REPORT

Kandi S Perazzo, MA, RD, LDN / LVDA Public Policy Co-Chair

It is vital for more Registered Dietitians and students to become involved in public policy to further our profession and let our legislators know that we are the nutrition experts. In order to encourage more of our colleagues to become involved in public policy, the LVDA offered a "grass tops" scholarship for interested applicants to attend the 2014 Annual Meeting & Exhibition. One scholarship was a stipend to attend the pre-AME Licensure Workshop, "Pennsylvania Licensure for Registered Dietitians: The Statute, The Regulations, The Issues", presented by State Licensure Chair, Meg Rowe, for 2 CEUs.



Another scholarship was for all of Day 2, April 25, which included the session "Nutrition in Public Policy: Trends, Updates, and Strategic Positioning" by the PAND Public Policy Panel. Our lobbyist and State Representative Gerald J. Mullery, D-119 in Northeast PA joined the panel. Many members will remember Jane Wells Schooley, the speaker who started the day by presenting "Communicate Like a Warrior Using Emotional Intelligence". The LVDA was able to provide the scholarship to 7 members who attended the Licensure workshop and/or Day Two. Hopefully, these interested members will use what they learned to become more involved in public policy activities.

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## ACADEMY ELECTION NEWS

Thank you for voting in the national election. Every year, the Academy tracks the voting percentage of members of each state affiliate. Pennsylvania is a "large" state or category 4. This list shows how Pennsylvania placed.

- Ohio 13%
- Texas 12%
- Florida 11%
- Pennsylvania 11% (13% in 2013)

Nationwide, participation in the election decreased from the previous year. Last year, Florida won this category with 15% of their membership voting. This year, 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, next year, we can contribute to a higher voting percentage to receive one complimentary registration to attend the Academy's Food & Nutrition Conference & Expo.

### Results of the PA Academy Election

For the first time in ten years, there were two candidates for state President-elect. Michele Rager, outgoing president of the Central Dietetic Association, is incoming state President-elect. Martine Scannavino will be our representative for a second two-year term. Ultimately, your voting for one candidate for every open board position, opposed or unopposed, demonstrates your support for the PA Academy.



## DELEGATE REPORT

Dear Fellow Members of the PA Academy of Nutrition and Dietetics,

As your elected representatives to the Academy of Nutrition and Dietetics House of Delegates, we are responsible for sharing information with you that is timely and pertinent to our profession and practice. On May 22, we participated in a webinar call with member representatives of the Academy regarding the proposed Nutrition and Dietetics Associate (NDA) certification.

This [webinar](#) was recorded and is now available for you to listen to. Listening to the webinar will take only 35 minutes of your time and will provide some much needed background on the rationale for the NDA. We ask that you access the above link so to better understand the background issues and future needs of our profession that have led to this certification.

As always, feel free to contact us with your thoughts, concerns, and suggestions. We are honored to represent you but can only do so effectively if we have your input and recommendations.

Thank you.

Susan E. Adams, MS, RD, LDN  
Phone: (215)-991-3658  
Fax: (215) 991-3619  
adamss@lasalle.edu  
Lead Delegate - PDA and LVDA

Dr. Deborah Hutcheson, DCN, RDN, LDN  
Delegate: NWPA, PitAND

Meg Rowe, MS, RD, FAND, LDN  
Delegate: CPAND, NEPAND

## VOLUNTEERS NEEDED!

*Denise Frey, RD, LDN / LVDA Public Relations Chair*

### Farmers' Market Nutrition Education Programs

Summer is finally here! While the local growing season has had a late start due to uncooperative weather, LVDA would like to get an early start on providing nutrition education at local farmers' markets. Last year members served up education at area farmers' markets during August, which is celebrated as PA Produce Month.

Members offered cooking demonstrations, set up posters and passed out recipes on how to serve up fresh, locally grown produce at farmers' markets in Bath, Lehighton and Stroudsburg last year. Please contact Public Relations Chair Denise Frey at [escapee@ptd.net](mailto:escapee@ptd.net) to get involved in this project at a farmers' market near you.

## MEMBER HIGHLIGHT

Congratulations to Kim Campbell, who graduated from UMass Amherst with a MPH degree with a concentration in nutrition on May 9.

