

LEHIGH VALLEY DIETETIC ASSOCIATION QUARTERLY NEWSLETTER

Summer 2013

www.eatrightlehighvalley.org

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

PRESIDENT'S MESSAGE

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

Help Increase LVDA Membership

Many dietetic practitioners in our Commonwealth are members of the Academy of Nutrition and Dietetics and choose to join the Pennsylvania state affiliate.

However, relatively few take advantage of their district association. I am sure you have noticed this trend among your colleagues.

Your district association is the only professional organization tied to where you reside. Increasing our membership to a critical mass will further promote the dietetics profession in the Lehigh Valley.

I urge all current LVDA members to reach out to their co-workers, colleagues and friends in the profession. Encourage them to join their district association. Feel free to share one of the many benefits of membership:

Benefits of Membership

1. **Networking** - Connect with other RDs and DTRs in your area.
2. **Job Opportunities** - Find out about job and volunteer opportunities posted on our website, through local listservs and by networking.
3. **Marketable Skills** - Be an active member or join a district committee to develop skills in leadership, event planning, communications, etc.
4. **Recognition** - Get nominated for awards and scholarships through the Pennsylvania Academy of Nutrition and Dietetics
5. **Public Policy** - Play a role in communicating RD and MNT issues with local, state and federal officeholders. Grassroots legislative action is vital to you and your fellow RDs getting the scope of practice and salaries you deserve.
6. **Discounts** - Receive a \$30 discount for registration to the 2014 Pennsylvania Academy Annual Meeting and Exhibition in Bethlehem!

You can direct potential members to the [Member Info](#) page of the LVDA website.



BOARD OF DIRECTORS

Executive Board Members

President & Newsletter Editor

Janet K. Little, MPH, RD, LDN
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Secretary

Jamie Rola, BS
jlynno427@yahoo.com

Treasurer

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vt1818@ptd.net

Continuing Education Chair

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

Nominating Chair

Nora Allen, RD, LDN
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Christina M. Wolfe, MS, RD
chrissyтина81686@aol.com

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Reimbursement Chair

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

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Nancy Wagner, MBA, RD, LDN &
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Career Guidance Chair

Open

Public Relations Chair

Denise Frey, RDN, LDN
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LVDA Representative on PADA Nominating Committee

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

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 US

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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.

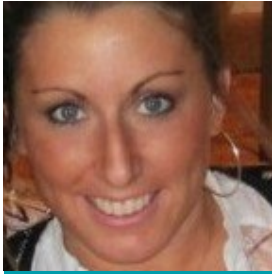
TREASURER'S REPORT

Tom Laubscher, MS, RD, LDN / LVDA Treasurer

As of June 10, 2013:

Checking \$4,913, Savings \$1,703, Fixed CD \$3,353

MEET THE NEW MEMBERS OF THE LVDA BOARD



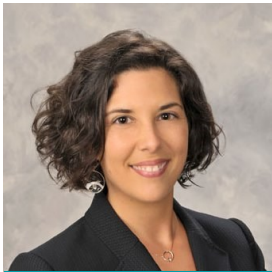
Jamie Roth

Nora Allen RD, LDN / LVDA Nominating Chair

On June 1, the 2013-2014 term began for the new LVDA Board of Directors. Last term's Chair-Elects have advanced to the position of Chair this term, and we are excited to welcome some new faces as Chair-Elects. Please welcome the newly-elected members of the LVDA Board of Directors:

Secretary - Jamie Roth, BS

BS in Nutrition from Cedar Crest College
Cedar Crest College Dietetic Internship



Lauren Regina

Continuing Education Chair - Lauren Regina, RD, CSO, LDN, CNSC

Registered Dietitian at Young's Medical Equipment
BS in Nutrition (Kinesiology minor) from Pennsylvania State University
University of Pittsburg Medical Center Dietetic Internship



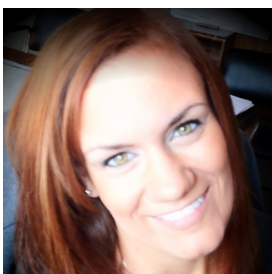
Denise Frey

Public Relations Chair - Denise Frey, RDN

Dietitian at Blue Mountain Health System
BS in Nutrition from Cedar Crest College
Cedar Crest College Dietetic Internship

Nutrition Education Chair - Christina Wolfe, MS, RD

BS in Nutrition from Cedar Crest College
Cedar Crest College Dietetic Internship
MS in Nutrition from Eastern Michigan University



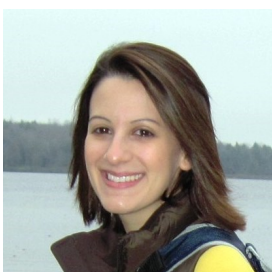
Christina Wolfe

Nominating Chair-Elect - Andrea Barnes, MS, RD, CSG, LDN

Clinical Nutrition Manager/Consultant for Cura Hospitality
BS in Nutrition from Cedar Crest College
University of Delaware Dietetic Internship
MS in Clinical Nutrition from New York Institute of Technology

Needed: Continue Education Chair-Elect

However, the Continuing Education Chair-Elect position is still open. The position description may be found by clicking on Continuing Education Chair Elect listed in the "2013-2014 LVDA Officers and Board Members" table on the [Board Members](#) page. Please feel free to attend our next board meeting on September 16 at Calvary Baptist Church from 6 to 8 pm to find out more about our board. Serving on the board is a great way to get involved, network with other nutrition professionals and promote the profession.



Andrea Barnes

LVDA MEMBERS RECEIVE PA AWARDS

Awards and scholarships were presented to this year's recipients at the Pennsylvania Academy of Nutrition and Dietetics Annual Meeting and Exhibition on April 22 in Monroeville.

Outstanding Dietetics Educator

Barbara Carlson, MA, RD, CDE

Assistant Professor of Nutrition at Cedar Crest College
LVDA Member

Recognized Young Dietitian of the Year Award

Whitney Butler, RD, LDN

Outpatient Dietitian with Sodexo at the Weight Management Center at Lehigh Valley Health Network
LVDA Member and Nutrition Education Chair

Outstanding Dietetics Student

Evelyn Little, MS, RD

Recent graduate of the Coordinated Masters in Dietetics at the University of Pittsburgh
LVDA Member and Newsletter Layout Editor

2013 Outstanding Dietitian Award

Amy Virus MS, RD, LDN

Past President of LVDA and the PA Academy
Current member of Philadelphia Dietetic Association

"Honored, Humbled and Appreciative. These three words best describe the many emotions I had while accepting the Outstanding Dietitian Honor from the Pennsylvania Academy of Nutrition and Dietetics. This award not only allows me to be acknowledged but provides me the opportunity to thank the countless number of great professionals who have influenced my career either working hand in hand or from a distance. I wish I could list everyone but this would become more of a directory than a note of thanks. I would like to thank my family for their love and support and a special thanks to my Uncle Tom for showing me through his lifelong dedication to volunteerism that one person can make a difference and touch many."

- Amy Virus

A listing of all award recipients and press releases may be found on the [Member Info](#) page of the LVDA website. Descriptions of these awards may be found on the [Awards and Scholarships](#) page of the PA Academy website.

If you are interested in nominating someone for next year's awards, which will be presented at the Annual Meeting and Exhibition in Bethlehem, please contact the LVDA Nominating Chair.



Amy Virus with Academy President Ethan A. Bergman

MEMBER HIGHLIGHTS

LVDA member and past Nutrition Education Chair, **Whitney Butler**, recently accepted a position as an outpatient dietitian with Sodexo at the Weight Management Center at Lehigh Valley Health Network in Allentown, PA.

Denise Frey, **Evelyn Little** and **Christina Wolfe** passed their RD exams.

Andrea Barnes, MS, RD, LDN is a Board Certified Specialist in Gerontological Nutrition (CSG) through the Commission on Dietetic Registration. She received her bachelor's degree in Nutrition Science from Cedar Crest College in Allentown and completed a dietetic internship through the University of Delaware. She recently received her master's degree in Clinical Nutrition from the New York Institute of Technology in December of 2012. Andrea has served as a clinical nutrition manager and consultant dietitian for Cura Hospitality in senior living communities for over 5 years, primarily working with individuals with dementia, and attempting to bridge the gap between memory support and dining.

Katlynn Kozak RD, LDN will be a clinical dietitian at Mercy Suburban Hospital in Norristown. She will be doing inpatient and outpatient work, which is a big change from long-term care. She will be living in Telford, her hometown.

CEU & NETWORKING OPPORTUNITY!

*Lauren Regina, RD, CSO, LDN, CNSC /
LVDA Continuing Education Chair*

Mark your calendars for the **Lehigh Valley Health Network Nutrition Symposium** on **Wednesday, September 11** at the Lehigh Valley Hospital on Cedar Crest Boulevard in Allentown. More details about this local opportunity to earn CEUs will appear on the Continuing Professional Education ([CPE Events](#)) page of the LVDA website, as well as on our Facebook page. Make sure to stop by the LVDA booth and check out all the other great vendors from 10:30am to 12:00pm. It will be an awesome mingling and networking event so you are welcome to bring your business cards!



SAVE THE DATES!

LVDA Fall Board Meeting
Monday, September 16, 2013



Members are encouraged to attend LVDA Board of Directors meetings. It is located in the Conference Room of Calvary Baptist Church at 4601 Tilghman Street, Allentown, PA 18104.

PADA Annual Meeting & Exhibition
Wednesday-Friday, April 23-25, 2014



The LVDA and Philadelphia DA are partnering to put on the dietetic association's Annual Meeting & Exhibition (AME) in 2014. The event will be located at the Historic Hotel Bethlehem.

This is a great opportunity to showcase what the LVDA and our area have to offer!

CELEBRATE PA PRODUCE MONTH AT YOUR LOCAL FARMERS MARKET

Denise Frey, RDN, LDN / Public Relations Chair and Christina Wolfe, MS / Nutrition Education Chair

Help the Pennsylvania Department of Agriculture celebrate Produce Month this August by volunteering to teach nutrition about MyPlate at producer-only farmers markets. Producer-only farmers market support farmers directly by allowing them to receive full retail price for their crops, and increase profit margins to sustain the costs of farming operations. There are several opportunities to choose from in the LVDA membership area.

This will also be an excellent opportunity to promote what RDs and RDNs offer communities.

We are looking for volunteers to participate in the following locations:

Berks County

Penn Street Market in Reading
Friday, August 9
10:30am to 2:00pm
Located in the 800 block of Penn Street

Northampton County

Bath Farmers Market
Friday, August 9
3:00pm to 7:00pm
Located at Keystone Park on Green Street

Carbon County

Lehighon Farmers Market in Lehighon
Saturday, August 10
8:00am to 2:00pm
Located along the Route 209 Bypass

Lehigh County

Emmaus Farmers Market
Sunday August 11
10:00am to 2:00pm
Located in the National Penn Bank parking lot

Monroe County

Monroe Farmers Market in Stroudsburg
Saturday, August 10
8:00am to Noon
Located at 827 Ann Street

Schuylkill County

Pottsville Farmers Market
Saturday, August 10
8:00am to Noon
Located at the Arch/Center Street parking garage

MyPlate has downloads and other resources available on the [Information for Health Care Professionals](#) page of their website. In Carbon County, I am making a tri-fold poster that features MyPlate, fruits and vegetables, recipes and the importance of physical activity. I'm also making a handout of two recipes that people can take home with them. You could also download recipes from the MyPlate website, or your favorite recipes that include vegetables as a main staple. We also have a flyer prepared that lists the top 10 reasons to consult an RD. Expenses for this project are reimbursable from LVDA. Please give whatever time you can!

Please contact Christina Wolfe to volunteer for these opportunities.

Note: The PPL Plaza Growers Market is closed for this year.

ACADEMY DELEGATE REPORT: FOOD AND NUTRITION INSECURITY

Susan E. Adams, MS, RD, LDN / Delegate for Philadelphia and the Lehigh Valley Districts

The House of Delegates (HOD) conducted a dialogue on Food and Nutrition Insecurity on May 4-5, 2013. The purpose of the dialogue session was for delegates to:

1. Raise Academy members' awareness of the prevalence and consequences of food and nutrition insecurity for the nation
2. Demonstrate commitment and inspire members to take action to improve food and nutrition security at local and state levels
3. Act to support and promote the Academy's policy and advocacy programs that improve food and nutrition security at the national level

Motion #1

After this discussion, the HOD voted on the following motion. Therefore, be it resolved that the House of Delegates requests the following activities designed to increase member involvement to be completed:

1. Collaborate with the Foundation and Feeding America to create an electronic forum to share knowledge and information for members and consumers
2. Publication of articles detailing Academy member involvement and solutions that address the issue
3. Development of educational programs (webinars, FNCE) for distribution throughout the Academy
4. Coordinate efforts with other Academy organizational units (ACEND, Foundation, LPPC). And, the HOD requests the appointment of a Food and Nutrition Security Task Force composed of delegates, DPG members and other Academy organizational units to develop action plans and strategies based on delegate input for each of the following:
 - A. Members-individual members, DPGs, MIGs and Affiliates (internal)
 - B. Professional Development (internal)
 - C. Public Policy and Advocacy (internal and external)
 - D. Partnerships/collaborations (external)

The HOD Leadership Team will monitor the work of the task force. The outcomes of the motion will be shared with the HOD in the spring of 2014. Reports from the task force will be shared on a regular basis.

What does this mean for the LVDA?

Due to passage of this motion a Food and Nutrition Security Task Force is being developed. LVDA members are welcome to participate in the Academy Food and Nutrition Security Task Force. Please provide your name, credentials, job position and rationale for the recommendation by June 26, 2013 to the HOD Governance Team mailbox (hod@eatright.org) or you are welcome to send it to me.

As always, Academy members in the Lehigh Valley are welcome to contact me to discuss any issues about nutrition or the Academy's business.

PUBLIC POLICY REPORT

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

Public Policy in the Lehigh Valley

The LVDA has been active this spring in promoting public policy and its importance to fellow RDs. In May and June, LVDA President Jan Little encouraged area PADA members to respond to the Farm Bill Action Alert.

She also posted information on the PADA List Serve in response to a post a member made about how easy it was to use Grassroots Manager available on eatright.org. Nancy Wagner, LVDA Public Policy Co-Chair, gave a public policy update at the Sodexo home office in Allentown. She was one of four speakers and she describes her presentation below.



"If dietetics is your profession, politics is your business." On Friday, June 7, 2013, I spoke at the Sodexo Dietetic Internship Clinical Update Seminar and gave a presentation on public policy. My objective for this presentation was to create passion and excitement about public policy. I spoke about the role of the RD and public policy and how the RD can advocate for our profession. I gave updates on current federal and state legislation as well as PADA's legislative agenda for 2013. I also spoke about the success of the LVDA Legislative Road Trip and encouraged RDs to get involved with their district dietetic associations. My mission is to get as many RDs as possible interested in public policy. I am hoping to give this presentation again in the fall at a LVDA educational event, so stay tuned!"

- Nancy Reismeier Wagner, MBA, RD, LDN

Keystone Public Policy Program

Also on June 7, LVDA's Continuing Education Chair completed an application for LVDA to have an exhibit at Lehigh Valley Health Network's RD CEU event on September 11.

There, we will promote LVDA membership and joining the Grassroots Legislative Network. Statewide, the PADA is reaching out to RDs who recently made visits to legislators or participated in public policy, asking them to officially join the Keystone Public Policy (KPP) program. The KPP program is a partnership between PADA and its members to help advance our profession in Harrisburg and Washington. It is intended to help PADA members get more involved in policy by keeping them up-to-date on important legislative issues as they arise and by providing training and materials for talking to state and federal legislators. For more information, please go to the [Keystone Policy Partners Program page](#) of the PADA website.

State Legislative Day 2013

The planning has begun for State Legislative Day 2013 in Harrisburg but the date has been deferred to next spring. Watch for further information on the LVDA website and facebook. Nationwide, the Academy of Nutrition and Dietetics will hold its annual Public Policy Workshop in Washington, D.C., from March 30 to April 1, 2014. Registration opens in August, and more information will be available as the date grows nearer.

Both in the LVDA and statewide, we continue to work on promoting members to respond to action alerts, coordinating office visits to state legislators, and planning district legislative events.

BREAKFAST MEETING IN BERKS COUNTY

Nicole Rhoads, RD, LDN / LVDA Past Secretary

On Thursday, July 11, Senator David Argall, R-29, and Representative Jim Cox, R-129, held a breakfast meeting for their constituents at the Spring Township Municipal Building in Sinking Spring. Because I met with Representative Cox in 2011 in his district office through the LVDA Road Trip and contacted him about health care and nutrition-related state legislation, I received a personal invitation to the meeting.

The meeting was a town hall format, so unfortunately the majority of the meeting was taken up by property tax concerns.

Senator Argall and Representative Cox's recurring message through the topics discussed was they want to hear from their constituents. If something is important to you, they want to hear about it.

I encourage all LVDA members to contact their legislators, especially when Action Alerts are sent out, and to be involved in public policy efforts in Pennsylvania.

PA VOTER REGISTRATION GUIDE

In Pennsylvania, the deadline to register to vote is 30 days prior to each election.

1. **October 7, 2013** - Last day to register to vote before the November Municipal Election
2. **November 5, 2013** - Municipal election. Polls open 7am to 8pm
3. **November 6, 2013** - First day to register to vote after November election.

Citizens should submit application forms as soon as possible to ensure registration and to reduce the last-minute rush.

Not sure if you are registered to vote? You can find out by searching [Pennsylvania's voter registration database](#). You also can confirm your registration by contacting your County Board of Elections or by calling 1-877-VOTESPA. You can find the contact information for your county at the County Contacts and Web Sites page.

Also, the Upper Macungie Police Department will host its first National Night Out at Lone Lane Park on August 6 from 5 to 8:30 pm. The League of Women Voters will be conducting voter registration.

ACADEMY ACTION ALERT!

Tell Congress: Support the Treat and Reduce Obesity Act

You are the food and nutrition expert – now it is time to tell Congress! Send your Senators and Representative an email urging them to support the Treat and Reduce Obesity Act that allows registered dietitian nutritionists to independently bill for obesity counseling to Medicare patients. This bill is urgent. You deserve to be compensated for your expertise and training. Contact Congress today on the Academy's [Grassroots Manager](#).

Thank you in advance, for being a leader in the nation's efforts toward better health.

PA ACADEMY'S ANNUAL MEETING & EXHIBITION IN 2014

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

Open Planning Committee Chair Position

We began Year Three of our timeline with a conference call on Monday, June 11. We welcomed our Hospitality and Student Volunteer Co-Chairs, Barbara Carlson and Martine Scannavino. We still need a Fundraising Chair. Please contact Tina or Jan if you are interested in discussing the position. A position description is found on page 34 of the AME Manual posted on the [AME 2014](#) page of the LVDA website.

We acknowledged that the contract with The Historic Hotel Bethlehem was signed a year before, almost to the day. This is one of the reasons that guest rooms in our room block are \$139 per night; currently, a room with two double beds costs \$165.00 per night. We added funds to the budget for a professional photographer to take award recipients' photos on Day Two.

District Members to Receive Registration Discount

Evelyn Little, the Publications & Registration Chair, updated the registration form for the state board's review on July 20. One update is the addition of a "Discounts" section. As a result of the state board meeting, these include a \$40 discount for students and practitioners giving poster sessions and a \$30 discount for members of the six district dietetic associations. We felt this will attract members to the districts and to our AME.

Speakers

We have a potential speaker for almost every session. Soon, Program and Presiding Officer Coordinator Cara Hillenbrand will send confirmation letters and information packets to speakers. Not only is Academy President Dr. Glenna McCollum-Cloud attending, she is also giving the Anna DePlanter Bowes Lecture. This is a lecture founded by a past president of the PADA Foundation for topics related to childhood nutrition.

Exhibitors and Sponsors

Exhibits Co-Chairs, Diane Drabinsky and Leslie Moskowitz, are sending materials to companies who evidenced interest in being Exhibitors and/or Sponsors. The 3.5 hour Exhibits session is unopposed on April 24 from 11:30am to 3:00pm. Two one-hour demos will also take place in the Exhibits area. Please contact Exhibits Co-Chair Diane Drabinsky if you would like your workplace to receive a packet.

Poster Session

The Posters Session will take place at the same time as the Exhibits session. Jennifer Doane, Posters Chair, will be sending a cover letter and application to directors of programs in dietetics to share with their students. Practitioners are welcome to submit a poster. Just contact Jen and she will email a packet to you.

We hope to share the tentative schedule with you in the next newsletter!