

LVDA LUNCHBOX

Lehigh Valley Dietetic Association



President's Message

By Lyndi Wieand, MHSc, RDN, LDN

I am honored to be taking over the role of President for the 2021-2022 Membership year. I first want to thank our Immediate Past President, Tori Kuebler, for her outstanding leadership and devotion to our organization and PAND for the last two years.

Although the last membership year did encounter many setbacks due to the pandemic, Tori was very successful in carrying out the goals she set for the LVDA during her tenure.



My journey with the LVDA began in 2017 when I was beginning my dietetic internship at Cedar Crest College as a student member. By the end of the internship, Amy Romberger, our former President, recruited me to run for Secretary for the 2018-2020 term, which I later won. Coming right out of my internship and becoming a brand new entry-level dietitian, it was important to me to be more involved in my local community of other dietitians and learn about the field. Those two years as a member of the board were vital in teaching me leadership skills, how to network and build valuable relationships with my fellow nutrition professionals and students. Furthermore, they laid the foundation which helped me to grow further within the organization as President-Elect during the 2020-2021 Membership year.

I would like to thank the outgoing board members and appointed position holders who worked diligently for the past membership year, as well as several prior. The LVDA could not have been as successful as it was this past year without your collaborative effort. I would like to welcome the incoming board members and those taking over appointed positions. I look forward to working with you all closely throughout this year and strengthen our presence throughout the Lehigh Valley. I am grateful for the opportunity to be your President. I hope to grow our membership, strengthen our relationships with local businesses and partners, and have in-person meetings and events if allowable once again. Let's make 2021-2022 a great year!!

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**LVDA 2021 - 2022
BOARD MEMBERS**



LVDA 2021 - 2022 Board Members

- **President:** Lyndi Wieand, MHSc, RDN, LDN (lvdapres@gmail.com)
- **President-Elect:** **Vacant**
- **Secretary:** Jeanne Smith, RDN, LDN (lvdasecretary@gmail.com)
- **Treasurer:** Mindi Manuel, MS, RD, CSG, LDN, CDP
(lvdatreasurer@gmail.com)
- **Nominating Chair:** Ally Vinciguerra, MS, RDN, LDN
(lvdanominating@gmail.com)
- **Nominating Chair-Elect:** **Vacant**
- **Continuing Education Chair:** Jennifer Beam, 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 Rep. to PAND Nominating Committee:** Tim Leech, MHSc, RD,
LDN (lvdareptopand@gmail.com)



LVDA 2021 - 2022 Board Members

- **Public Policy Chair:** Victoria Kuebler, MS, RDN, LDN
(lvdapublicpolicy@gmail.com)
- **Nutrition Education:** Sherri Cirignano, MS, RDN, LDN
(lvdanutritioned@gmail.com)
- **Public Relations Chair:** **Vacant**
- **Website Coordinator:** Sarah Durbin (lvdawebmaster@gmail.com)
- **Newsletter Editor:** Maria Leon (lvdanewsletter@gmail.com)
- **Career Guidance Chair:** Bethany Miller, RDN, LDN
(lvdacareerguidance@gmail.com)
- **Reimbursement Chair:** Jennifer Doane, MS, RD, CSSD, LDN, ATC
(lvdareimbursement@gmail.com)
- **Social Media Chair:** Sarah Durbin & Maria Leon
(lvdasocialmedia@gmail.com)
- **Fundraising Chair:** Amy Romberger, RD, LDN (lvdafundraising@gmail.com)
- **Student Liaison:** Jessica Haase (lvdastudentliason@gmail.com)

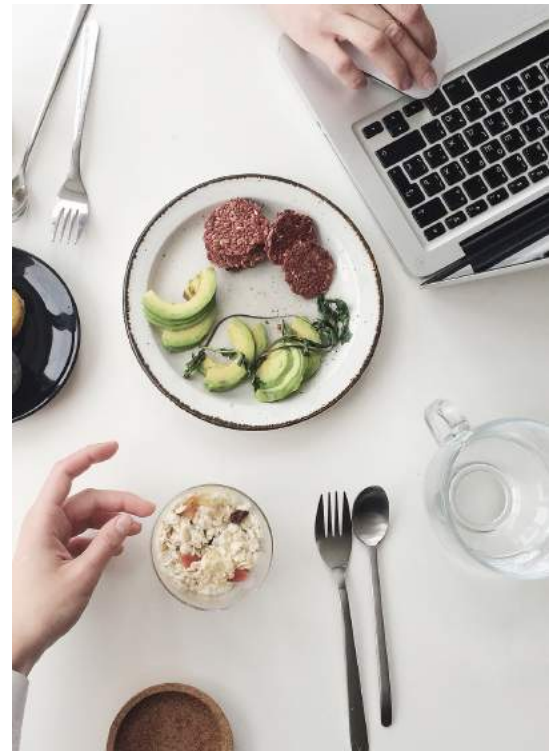
Public Policy

by Victoria Kuebler

Updates on HB1020:

House Bill No. 1020 (HB 1020) was referred into the Professional Licensure Committee (PLC) for a vote on March 26, 2021 by Representative Thomas Mehaffie. Currently in Pennsylvania, our currently licensure bill gives Registered Dietitians title protection over the title of Licensed Dietitian Nutritionist (LDN/LN).

HB 1020 is currently sitting for a vote in the PLC until September while the House of Representatives are on a break. Our previous house bill, HB 1802, died in the PLC without a vote in 2020. If the PLC votes not to move forward with HB1020, we will need to wait another 2 years before being able to re-introduce the bill.



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:

- Read the HB 1020 and the FAQs provided by PAND at the resources page (<https://eatrightpa.org/policy-advocacy/licensure-bill/>)
- Reach out to the Representatives on the PLC if you live in one of the 6 counties represented by the LVDA.
- Support PANDPAC <https://eatrightpa.org/policy-advocacy/pandpac/>
- Share MNT success stories by emailing pandlicensure@gmail.com
- Sign up [here](#) for real time updates from the PAND

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.

Recipe of the Month: Baked Plantains

by Maria Leon

Ingredients:

- 2 Ripe Plantains
- Olive Oil Cooking Spray
- Sprinkle of Salt (Optional)

Instructions:

- Preheat oven to 425 degrees F
- Peel and remove skin from the plantains
- Slice plantain into 1/2 inch slices
- Spray a baking sheet with olive oil spray and spread the plantains in a single layer on the baking sheet
- Once plantains are placed on the baking sheet, spray the slices with olive oil cooking spray
- Bake for 20 minutes or until golden brown flipping them halfway and enjoy :)



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.

Upcoming Meetings

Next board meeting is August 18th, 2021 from 6-8pm

Virtual or in-person meeting is still being determined; More details to follow!



Upcoming Events

- Networking event to be planned in August
- Mentor/Mentee program will be taking applications in August
- Annual Meeting & Expo (AME) will be April 21-24, 2021 in Allentown this year! We are in need of volunteers to be co-chairs to help organize this event. Email lvdapres@gmail.com if interested.



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>)