

MESSAGE FROM THE PRESIDENT

Maureen Dunne-Touhey, MS, RD, LDN (DunneTouhey@marywood.edu)



"Time flies when you're having fun" is something that you say when time passes quickly and you are enjoying yourself. Therefore, I must have had a blast, because I cannot believe that this will be my last "Message from the President".

Those NEDA members not on the board might find it hard to believe that the board members and I had fun, but I think we all did. We accomplished many of our objectives and definitely let the PADA know that we were here and active. Admittedly at times, we needed to balance our jobs and families with the various committee chair responsibilities. But I think that the board members worked well together, and when one member had to put the NEDA on the back burner, another member jumped in and helped out.

One of the main purposes for the existence of the NEDA is to provide Continuing Professional Education (CPE) at a reasonable cost that offers information on current issues in the field and to encourage the members to incorporate new scientific knowledge into practice. The NEDA was able to do this because we had **Mary Ehret**, our Professional Education Chair. Words are not sufficient to express my appreciation

to Mary for all the time and professionalism she offered to the NEDA. Of course, the members who jumped in at times to help Mary were of course, the chair-elect, **Martha Wright** and President-elect, **April Rudat**. Because of the team lead by Mary Ehret, the NEDA provided 14 quality CPE credits to its members. The NEDA will also continue to hold group listening sessions (FNCE audio CDs) that will provide 1.5 free credits to its members. The last one was held on January 25. Therefore, 15.5 credits were offered to its members for \$90.00. Pretty cool.

How can I thank that great board I worked with? Well, I will start with **Stacy Coolbaugh** (Membership Chair), who kept track of all the members, provided the membership with the directory, and was in constant contact with the PADA, staying on top of all their new initiatives and keeping me regularly in the loop. I know Stacy will shortly be mailing out the application for the 2007 - 2008 year. The application is also available for download at: www.eatrightneda.org

Maureen Krisa-Kurey, who jumped right in to fill the void for us when not having a Nominating Chair – elect, planned the Turnover Meeting. (See inside for details!) And how about **Mrs. Mary Babcock**, who shook the bushes and found people to place on our local ballot - thanks Mary! I can't forget April who volunteered to be the Newsletter editor and stayed on to be the president-elect. Not to leave anyone out, thanks to **Jennifer** for always being there and demonstrating her passion by volunteering her time to the NEDA and PADA; **Jaime**, who took on a chair job right after school, representing the new generation in the association; **Marianne**, who worked so effortlessly behind the scenes to get us the recognition we need; **Roberta**, who gave us historical references and friendship; and **Carol Kneier**, who kept coming to the meetings when she really didn't have to. Kudos' to **Carol Brennan**, who despite breaking her wrist, kept typing and keeping our books, and for also

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offering to run for President – elect! Where would be if we didn't have **Ann**, posting the jobs hot off the press, and **Tanya**, gently twisting the arms of the students to volunteer their time to help us out when needed?

I hope you notice that we have great news about our three of our members, see page 4. Congratulations, Mary Ann, Jennifer, and Susan!

One assessed need I feel the NEDA should focus on is to bring the Northeast PA RD's up to par on the Nutrition Care Process. I have recommended that a workshop / seminar be arranged on this topic for the upcoming year. If any one has any ideas on how to achieve this, please share them with Martha and April.

I hope that upon reading this, you will see how rewarding it is to be involved either by being on a committee or as the chair of a committee. Don't always stand on the outside looking in. I believe that the NEDA has evolved and it needs to keep evolving. However, that can't be done unless members step up and help direct the path we take for next year. It has been a pleasure serving the membership of the NEDA. I hope to continue to be involved and to keep speaking up for my fellow RDs.

Good luck and good health!

NEDA NOTES!

- **GREAT THANKS TO EDWARD GATUSKY** from Wilkes Barre for supporting the ADA Foundation Scholarship Program through a fall solicitation to past scholarship recipients from Pennsylvania. Thank you, Edward, for your support of this great cause!
- **The NEDA Website** is UP AND RUNNING! Check it out at: www.eatrightneda.org!
- **"Taste-In"** is back and will be held on Sunday, November 18, 2007! NEDA will again support and take part in this great event. Contact Marie Ratchford-Demkosky for more information at: mtratchforddemkosky@wvhcs.org
- **NEDA Member Directory Change:** For the 2007-2008 NEDA Year, there will no longer be hard copies of the NEDA Member Directory. Instead, each member will be sent the NEDA Member Directory as a MS Excel file. You will then be able to save it on your hard drive (and therefore never misplace it!) and/or print it out.
- **JOIN US AT THE NEDA TURNOVER DINNER** for food, fun, networking, and the announcement of the 2007-2008 NEDA Board! This is a great time for new members to introduce themselves and for long-time members to re-connect! RSVP today!
- **Attention: Renal RDs!** The shelf-stable liquid supplement RE/GEN is now available at Pharmacies in Weis, Mr. Zs, Scot's Lo-Cost and King's locations. The PA Dept. of Health's Chronic Renal Disease Program will provide reimbursement for this product. For information, call 1-800-835-4080.

NEDA Board of Directors 2006 - 2007

Maureen Dunne-Touhey	President
April Rudat	President-elect
Carol Kneier	Past-President / Policy & Procedures
Jennifer Grab	Secretary
Carol Brennan	Treasurer
Mary Babcock	Nominating-Chair
Open	Nominating-Chair-elect
Mary Ehret	Professional Education-Chair
Martha Wright	Professional Education-Chair-elect
Jaime Cimochoowski	Legislation / Licensure Chair
Marianne Cerimele	Public Relations / NNM Chair
Stacy Coolbaugh	Membership Chair
Maureen Krisa-Kurey	R.D. Referral Network
Ann McKenna	Career Guidance / Job Referral
Tanya Papura	Nutrition Student Liaison
Roberta Cammer	Historian

NEDA ANNUAL TURNOVER DINNER

Join NEDA Members on **Thursday, May 17, 2007**
for GREAT food, GREAT fun, and NETWORKING
at the NEDA Annual Turnover Dinner!

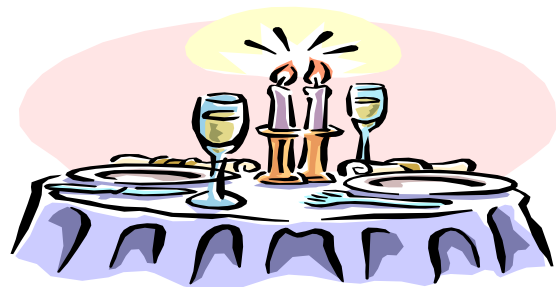
Where: Carmella's Restaurant
140 Erie Street, Dunmore, Pennsylvania

Time: 5:30 - 6:00 Cocktails (cash bar)
6:00 - 8:30 Buffet Dinner

Cost: \$15.00 per person
(Check made out to: Maureen Krisa-Kurey)

Please forward your reservations with payment by May 12, 2007 to:

Maureen Krisa-Kurey
1373 Adams Avenue
Dunmore, PA 18509



NEW MEMBER SPOTLIGHTS

Meet Christine Manganiello!



Christine Manganiello, a junior in the Coordinated Program at Marywood University, is currently working towards her bachelor's degree in Nutrition and Dietetics with a minor in Science. She has been an honoree of the Dean's List for the past two semesters. Christine graduated from Luzerne County Community College in 2005 with an associate's degree in Health and Phys Ed. She is a student member of both the ADA and NEDA, and she has been a volunteer with Big Brothers/Big Sisters of Lackawanna County for the past 6 years. She has also volunteered at many non-profit organizations located throughout Lackawanna County. Christine's interest is in working with people who have kidney disease, diabetes, or are on dialysis. She would also like to become certified as a diabetes educator.

Christine can be reached at: Gymrat4@verizon.net.

Meet Sheila Donnelly, RD, LDN!



Sheila and her family recently moved to Wyoming County from Dover, Delaware, and they are very happy to live in our area! Sheila has experience in long-term care, pediatrics, rehab, and people with special needs. She was also a legislative rep for the Delaware Dietetic Association, and she was honored to attend the meeting in Washington, DC last March. Sheila completed her internship at the University of Delaware in 1998, and she received her RD that year as well. Sheila's hobbies are riding horses and reading. Sheila also home schools her 16 year old daughter. Finally, Sheila now has her LDN from Pennsylvania! Sheila can be reached via email at:

sheilaamandad@yahoo.com

MEMBERS IN THE NEWS

- **CONGRATULATIONS TO JENNIFER GRAB, RD, LDN, NEDA Secretary and PADA Legislative Chair, on receiving PADA's Recognized Young Dietitian of the Year Award! This award is a great honor!**
- **Sue Generose, RD, CDE, LDN** was nominated and welcomed to Cambridge "Who's Who Among Professionals" in VIP status. This organization recognizes professional peers, and promotes networking to allow growth within the profession. Members' companies, expertise, and achievements are highlighted in a hardcover registry or on CD ROM. Recognition is a privilege and an honor shared by tens of thousands of members each year. Sue's membership status has earned her a beautiful wall plaque, gift cards for Kravit Jewelers of NY, and two round trip airline tickets to almost anywhere in the world! Congrats Sue!
- **Mary Ann Ashton, MS, RD, CSG, LDN** was one of the first (of only two in PA) 35 ADA members to receive Board Certification as a Specialist in Gerontological Nutrition (CSG) this past January. Congratulations Mary Ann!

Contact Information for Two New Members:

Michalyshin, Beth
8 Parkview Drive
Tresckow, PA 18254
H 495-1065
Bethy_02@hotmail.com

Montross, Paola MS, RD, LDN
38 Montross Lane
Tunkhannock, PA 18657
H 836-3784
paolamontross@yahoo.com
Clinical Dietitian
VA Medical Center
1111 East End Boulevard
Wilkes-Barre, PA 18711
W 824-3521
WF 819-5182

Did You Know Our Counties Have Some of the Lowest Breastfeeding Initiation Rates in PA?

A Recap of the NEDA Spring Seminar

By Laura Gilpin, Marywood Dietetic Intern

The NEDA Spring Seminar, "Good Nutrition Begins with Breastfeeding," was held at Marywood University on March 7 and 8, with PA Department of Health speakers Martha Kautz RNC, IBCLC and Kathie Wagner, IBCLC.

As dietitians, we are taught that breastfeeding is best, but even those who have done it themselves were surprised by some of the information presented. Our counties, in particular, have some of the lowest breastfeeding initiation rates in the state; therefore, dietitians here in NEPA must do their part to promote breastfeeding. In addition, much research has shown that breastfeeding decreases childhood overweight and obesity; therefore, dietitians need to be well versed so they can promote breastfeeding in all settings for weight control and improved health.

The breastfeeding training began with some statistics on breastfeeding in Pennsylvania and the goals for Healthy People 2010. Then the presenters moved to discuss the benefits of exclusively breastfeeding, consequences of formula, breastfeeding contraindications, and counseling strategies for new moms. The excellent presenters discussed it all, from myths about breastfeeding to barriers people use.

Other subjects included assessing nourishment, the mother's diet and habits such as smoking, and the use of medications. The presentation continued with the importance of baby positioning and proper latching. Telling a new mother to watch what is happening at the breast (rather than watch a clock) was probably one of the biggest take-home messages from this presentation. We also learned about the "new" and changed anatomy of the breast (which has changed as of 2005 based on research done with ultrasound imaging, see www.medela.com), different sizes and shapes of breasts and nipples, frequency of nursing, milk supply, and milk transfer. Breast problems such as breast reduction, augmentation, engorgement, sore nipples, mastitis, thrush, and treatments were discussed. Finally, the speakers discussed the special problems that occur with preemies and multiples (twins, triplets, etc.). Overall, the presentation was fantastic, very informative, and more than worthwhile...especially in an area where we need to promote the message that "BREAST IS BEST!"

We would like to thank the speakers, the planners (Mary Ehret, Maureen Dunne-Touhey, & April Rudat), and the volunteers (Lisa Barnes, Marywood Student, and Laura Gilpin, Marywood Dietetic Intern). We would also like to thank the NEDA members who attended in the event.

We hope to see more NEDA members at future events!

Pictured from left to right:

*Kathie Wagner, IBCLC;
Martha Kautz, RNC,
IBCLC;
Maureen Dunne-Touhey,
MS, RD, LDN, NEDA
President;
& April Rudat, MS Ed,
RD, LDN, NEDA
Newsletter Editor/
President-elect*



LEGISLATION AND LICENSURE NEWS

By Jaime Cimochocki, RD, NEDA Legislative Chair (jmecimo@yahoo.com)

School Foods Bill Introduced

- ✍ Developed by the ADA to improve nutrition standards in the schools.
- ✍ Has been reintroduced in the Senate.
- ✍ Sen. Tom Harkin (D-IA) and chair of the Senate Agriculture Committee said the "Child Nutrition Promotion and School Lunch Protection Act" aims to revise the current definition of 'foods of minimal nutritional value' that are permitted for sale in schools.
- ✍ Committee sources said the bill is meant to address a loophole that lets USDA set standards for foods sold in school lunchrooms, but prevents USDA from regulating foods sold elsewhere on school grounds.
- ✍ Updated nutritional standards for all foods sold at school would be required and would apply to all foods sold during the school day everywhere on schools grounds.

Schumer Introduces Medicaid Diabetes Bill Which Includes MNT

- ✍ Sen. Charles Schumer (D-NY) has introduced the "Diabetes Screening and Medicaid Savings Act" which would provide for diabetes screening tests for adults enrolled in Medicaid who exhibit certain risk factors.
- ✍ S. 755 also would provide individuals diagnosed with diabetes Medicaid medical assistance, including Medical Nutrition Therapy.
- ✍ Under current Medicaid law, states are not required to cover many early intervention services such as nutrition education.

Public Policy Workshop

- ✍ ADA's 2007 messages for Capitol Hill reflect a congressional agenda that includes The Farm Bill this year. ADA is recommending several nutrition-related provisions be included in the measure.
 - Invest \$1 billion in new federal funding for food, nutrition, agricultural and environmental research and extension.
 - Preserve and adequately fund USDA's Human Nutrition Research Centers so that they may continue their unique and unparalleled research, tracking changes in the food supply and dietary habits, seeking to learn optimal levels of nutrient intake, studying relationships between diet genetics and lifestyles, and advancing people's understanding of the role of nutrition in maintaining health.
 - Fulfill the requirements for the Dietary Guidelines by carrying out both research and educational components that cannot be accomplished when Dietary Guidelines are updated every five years.
 - Issuing the Dietary Guidelines once a decade is consistent with other public health timetables (e.g., Healthy People) and would make the information more valuable and less confusing to consumers.
 - USDA's food assistance programs must be available to those in need and adequately funded. Helping beneficiaries use food stamps for diets consistent with the Dietary Guidelines can be achieved with incentives and nutrition education.
 - Medical Nutrition Therapy is another issue members attending PPW will be talking about with their senators and representatives. ADA is working with legislators on two measures dealing with MNT; one bill will give Medicare authority to expand the Medical Nutrition Therapy benefit. The other would expand Medicare's Medical Nutrition Therapy benefit to include pre-diabetes.

CONTINUING EDUCATION OPPORTUNITIES

1. April 10, 2007: A Breastfeeding Training will be held at Moses Taylor Hospital in Scranton, PA. Contact Kathy McCormick for more information at: 570-340-3011 or KMcCormick@mth.org
2. April 23, 2007: The 8th annual fundraiser for the PA Hunger Action Center will be held at the Harrisburg Hilton. Further information is available on the website at: www.pahunger.org
3. April 23 - 25, 2007: Attend the ADA Public Policy Workshop, Renaissance Hotel, Washington D.C. **CPE offered!**
4. Sunday, April 29, 2007 prior to the PADA Annual Meeting at Sheraton Square in Pittsburgh: Join CDHCF for "Food Medication Interactions" with Dean Elbe, RPh and Zaneta Pronsky, MS, RD, LDN, FADA, author and editor of Food Medication Interactions handbook.
5. April 29 - May 1, 2007: Attend PADA's Annual Meeting and Exhibition, The Sheraton Station Square Hotel in Pittsburgh
6. May 2, 2007: School Wellness Policies Teleseminar. See: www.eatright.org/development
7. May 3, 2007: "Nutrition Issues: Malabsorption in Cancer Patients" by Katrina VB. Claghorn, MS RD LDN, will be held at Lancaster General Hospital. 1 CPEU will be offered, breakfast provided. Contact: Liz Korman RD at (717) 544-5511 Ext. 76311
8. May 14-15, 2007: Strengthening the Food Resource Safety Net, *Featuring Ellyn Satter*. Radisson Penn Harris Hotel and Convention Center Camp Hill, PA. To register and pay online, visit: http://panen.psu.edu/Events/07annual_conference.htm
9. September 29 - October 2, 2007: FNCE in Philadelphia, PA!

FREE CONTINUING EDUCATION OPPORTUNITIES

1. NEDA would like to offer the 1.5 free credits to its members on the FNCE audio session on the *Nutrition Care Process*. Is there a member who would like to play this session to your clinical staff at your facility and open it up to other NEDA members in the area? Please contact Maureen Dunne-Touhey if you are interested.
2. The ADA is offering a free online self-study titled, "Unintentional Weight Loss and Cachexia: Medical Nutrition Therapy and Nutrition Care Strategies." Visit: www.eatright.org/pd_PAR
3. The ADA/CDR Code of Ethics will be available for 2 free CPE. Visit: http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/education_6924_ENU_HTML.htm
4. If you read "Today's Dietitian," you can receive 2 CPE per month. Visit: www.TodaysDietitian.com
5. Earn 2 FREE CPE through an audiovisual professional development program titled, "Omega-3 Fatty Acids - Remedies, Risks, and Recommendations," For more information, go to: <http://www.umassone.net/omega3>.

Nutrition Care Process Online Module

CDR introduced a new Assess & Learn online resource to familiarize dietetics practitioners with the **Nutrition Care Process**. This new module, entitled *Managing Type 2 Diabetes Using the Nutrition Care Process* is designed to assess what knowledge and skills RDs/DTRs currently have in a particular area, within the context of a case scenario.

The module is approved for 5 CPEUs. The cost is \$45.99 for ADA members and RDs/DTRs. This is just over \$9.00 per CPEU credit. To purchase or obtain more information, please view the CDR Education Director Website at the following link: <http://cdrnet.educationdirector.com>.

* Once at the website, for more information or to view the course catalog, please click on "New User" on the left hand side of the screen. Once you enter your information, you will be able to view the site. To view course descriptions or to register for a course, please click on "Catalog". Please note there is no cost to view the course catalog and there is no obligation to purchase a course.

The Commission on Dietetic Registration will be offering Certificate of Training programs in Adult and Childhood and Adolescent Weight Management:

Certificate of Training in Adult Weight Management

- * May 10-12, 2007: Raleigh, North Carolina
 - * June 19-21, 2007: Baltimore, Maryland
 - * September 6-8, 2007: Las Vegas, Nevada
 - * November 15-17, 2007: East Rutherford, New Jersey
- See: <http://www.cdrnet.org/wtmgmi/CertificateOfTraining.htm>

Certificate of Training in Childhood and Adolescent Weight Management

- * April 26-28, 2007: Daytona Beach Shores, Florida
 - * November 4-6, 2007: Chattanooga, Tennessee
- See: <http://www.cdrnet.org/wtmgmt/childhood.htm>

Have You Seen the ADA Evidence Analysis Library?

Pediatric Weight Guidelines have just been added to ADA's Evidence Analysis Library! Many other guidelines are available at the site as well.

Check out ADA's Evidence Analysis Library at: www.adaevidencelibrary.com

Fruits & Veggies—More Matters



While research indicates that more than 50 percent of adult consumers know they need to eat five or more servings of fruits and vegetables per day, more than 90 percent of all Americans do not eat the recommended amount. To meet the new dietary guidelines, most consumers will have to more than double the amount they currently consume.

Pennsylvania's Department of Health, Division of Nutrition and Physical Activity will be incorporating the new Fruits & Veggies—More Matters campaign into current and future obesity prevention programs as another way to promote overall healthy lifestyles. You can help by using the message when talking with clients.

Closing the consumption gap requires a new national call-to-action, which is now the Fruits & Veggies—More Matters campaign. This new call for a healthier America is attainable and easy for people to understand. It is simply to eat more fruits and veggies at every eating occasion.

Working closely with health experts at the Centers for Disease Control and Prevention, Produce for Better Health conducted in-depth analyses of existing programs focused on encouraging healthy eating and conducted original research to better assess consumer's needs. The visual identity of the Fruits & Veggies—More Matters brand, seen above, was evaluated by a wide variety of consumers of varying ethnicities, income, geographic location, and age.

The research findings also demonstrated that moms, the primary gatekeepers to the family, are best reached in a way that is straight-talking, positive and supportive. The initiative's web site, www.fruitsandveggiesmorematters.org, offers recipes—including many from The Culinary Institutes of America—serving ideas, interactive sections and shopping advice. It includes activities and tips for getting children involved and exploring the different varieties of fruits and veggies that the whole family loves to eat.

This new public health initiative to increase fruit and vegetable consumption replaces the 5 A Day program. In view of the new dietary guidelines increasing the recommended amount of fruits and vegetables, a new consumer message was needed that would build on the increased awareness of 5 A Day. The program will leverage the 5 A Day heritage and success to further inspire and support consumers to eat more, showcasing the unrivaled combination of great taste, nutrition, abundant variety, and various product forms – fresh, frozen, canned, dried and 100% juice. It also will build upon the body of science that indicates that increased daily consumption of fruits and vegetables may help prevent many chronic diseases.

The Fruits & Veggies—More Matters campaign is designed to help Americans overcome common everyday barriers to eating fruits and veggies. These include differing tastes within a family, not knowing how to prepare them or keep them fresh, or simply not liking them. To learn more, visit: www.fruitsandveggiesmorematters.org and www.cdc.gov/fruitsandveggies.

PADAPAC NEEDS YOUR HELP!

Recently David Tive, PADA's lobbyist, attended a reception using PADAPAC money. His comments:

On February 12, I attended a fundraiser for Rep. Mike Sturla (D-Lancaster). Rep. Sturla is the new Majority Chairman of the House Professional Licensure Committee. He is the first new Democratic Chairman of that Committee in almost 30 years. I attended the event on behalf of PADA, and the contribution to Rep. Sturla's campaign committee came from PADAPAC. All bills dealing with licensure for dietitians, whether they deal with educational requirements, scope of practice or anything else, will have to go through his Committee.

At the fundraiser I had an opportunity to talk to both Rep. Sturla and his Chief of Staff, Barbara Harr. I reminded them that it was PADAPAC that had made the contribution, and talked to them briefly about the Association.

The event was also attended by lobbyists for virtually every other licensed profession in the state. Every group, from physicians to nurses to chiropractors to engineers, was there. We were all there for the same reason: to welcome Mike to his new position and to let him know that we will be working with him over the next two years. While there is certainly no guarantee of favorable treatment by the Chairman or by the Committee because we were at the fundraiser, it is a way of showing respect to the Chairman and saying that we want to be treated the same way in return.

It is necessary to keep PADAPAC funded so that we will continue to be able to present ourselves to key decision makers as serious players in the legislative process in Harrisburg.

Contributions to PADAPAC are urgently needed. **At this time, the available funds would cover only one more fundraiser for a legislator.**

Send checks to:

PADAPAC
2040 Chestnut St.
Harrisburg, PA 17104

GREAT NEW WEBSITES:

-  www.RD411.com - Extensive free nutrition information for RDs and patients/clients
-  www.healthydiningfinder.com - Finds healthy options & nutrient info for many restaurants
-  www.sbanutrition.com - Nutrition info from infancy to the teenage years, from a site without corporate sponsors!

ATTENTION NON-ADA MEMBERS!

ADA is offering a **price break** for non-members to join ADA! To learn more and to download the special application visit: <http://www.eatrightpa.org/members/NonmemberSpecial.htm>. Pass this information along to colleagues!

“Would You Pay for My ADA Membership?” How to Ask Your Employer This Important Question

A few months before FNCE, Pat Katepoo, RD of Career Coach RD sent a document to the Nutrition Entrepreneurs DPG listserv titled, “Approved and Paid!” Katepoo provides this free proposal template to dietetic professionals nationwide to help them to get their employers to financially support their continuing education (e.g., FNCE). Go to <http://careercoachrd.com/conference.htm> to download a free copy. Katepoo’s tips can also apply to those “asking” their employer to pay for their ADA membership. (Also see ADA’s version at: www.eatright.org/duetoolkit for a great toolkit along the same lines!)

First of All, Why Should I Join ADA?

- FREE or reduced prices on continuing education
- Promotion of the RD as the **true** nutrition professional!
- FREE Listserv and professional networking groups
- Evidence Analysis Library
- Provides FREE state membership to PADA and its benefits
- Insurance policies at reduced rates
- 4 FREE CPE EVERY MONTH (from JADA)
- FNCE (Food and Nutrition Conference)
- Lobbying and policy initiatives
- Free packets/kits available at www.eatright.org (e.g., media kits)
- Dietetic Practice Groups with great listserv networking groups
- Professional development programs (e.g., ADA Spokesperson)
- Leadership opportunities and scholarships
- The Journal of the American Dietetic Association (new and improved!)
- FREE publications/newsletters (e.g., *ADA Times*, *ADA Daily News*)
- Member only website and ADA Career Link

How Can I Get My Employer to Pay for My ADA Membership?

1. Ask them! Many administrators simply do not think of offering this benefit; however, they may not oppose paying for it.
2. Katepoo suggests providing a one-page, written proposal or memo along with your verbal request since it will reflect the intensity of purpose and desire, clarify the details, and increase the likelihood of approval. A written proposal looks something like this:

A Proposal for the Support of **YOUR NAME**’s Professional Development by Reimbursing [Paying] Professional Dues in the American Dietetic Association (ADA)

Submitted by **YOUR NAME** on **DATE**

INTRODUCTION

This proposal outlines a plan for **EMPLOYER NAME**’s reimbursement [or payment] of my ADA Membership dues for June 1, 2007-May 31, 2008. With a focus on professional involvement that keeps my job knowledge and skills current, this proposal aligns with exemplary employers that demonstrate a commitment to its employees by maintaining standards of practice through professional membership payment and participation.

A JOB PERFORMANCE-DRIVEN PROFESSIONAL DEVELOPMENT PLAN

Based on our previous discussions and formal reviews about what will enhance my job performance, my professional development goals include:

- List several of your professional goals to include some of the advantages of ADA Membership, as above.

ADA MEMBERSHIP SUPPORTS THE PLAN

As an ADA Member, I **will use the following** to meet my professional development goals:

- List advantages of ADA Membership that you will use here with brief descriptions, in order of importance.

SUMMARY

During my # years of employment at **EMPLOYER**, I’ve supported the department’s goals through competent practice, professional contributions, and continued training as required by the Commission on Dietetic Registration. As an ADA Member, I will immediately use the tools and information available to me to improve my performance for the benefit of **EMPLOYER** and its patients. I request that **EMPLOYER NAME** support my professional development with the \$206 (add DPG fees, as necessary) to cover the ADA Membership fee in full. Thank you for your consideration of this request.

Adapted with permission by April Rudat, RD, from: “Approved and Paid!” by Pat Katepoo, RD. For more information, visit: <http://careercoachrd.com/conference.htm>

Save the Date!



- ✦ **MAY 17, 2007: THE NEXT NEDA MEETING IS THE TURNOVER DINNER AT CARMELLA'S RESTAURANT IN DUNMORE.**
 - See page 3 of this newsletter for more details.
 - All members are welcome to attend!
 - If you have a specific concern: Contact Maureen Dunne-Touhey (DunneTouhey@marywood.edu) to place your item on the agenda.

- ✦ **April 23 - 25, 2007: ADA Public Policy Workshop, Renaissance Hotel, Washington D.C.**

- ✦ **April 29 - May 1, 2007: PADA Annual Meeting and Exhibition, Sheraton Station Square Hotel, Pittsburgh, PA**

- ✦ **September 29 - October 2: 2007 FNCE in Philadelphia, PA**

You are receiving the NEDA newsletter as a benefit of being a member of the NEDA. If you have any comments on this Newsletter and/or you would like to submit an article or PSA for your facility/agency, please do so by contacting April Rudat at: aprilrd82501@comcast.net

North East Dietetic Association
C/O April Rudat
200 Jennifer St.
Moscow, PA 18444

