

**NorthEast Dietetic
Association
Newsletter**

April 2005

MESSAGE FROM THE PRESIDENT

Carol Kneier, MS, RD, CDE



Spring is here and that means renewal time for your ADA and NEDA membership. ADA membership applications are out and NEDA applications will be on their way soon. As a member of NEDA (and PADA & ADA) you know the value of your membership. As members you receive quality continuing education programs at a reasonable price, you are kept updated on licensure and legislative issues effecting our profession, and you have the opportunity to network with colleagues (just to name a few). Now, NEDA needs your help to increase membership in ADA and NEDA. We are encouraging all members to attend the Turnover Dinner on June 2nd and when you come bring a co-worker or colleague that is not a member. This is a great opportunity to meet the NEDA board and other members and become more involved in your association.

NEDA will be sponsoring the upcoming teleseminar: “Women, Health and Wellness – A Worksite Tribute for Mother’s Day”, Friday, May 6, 2005. See inside for details on how to register.

In this issue, you will find the ballot. I ask that you take the time to vote, this shows that you support the candidate and thank them for volunteering their time and efforts to serve on the board. If you would like to get more involved it is not too late, there are other non-elected board positions available. Contact me at 448-2506 or email me at pckneier@nep.net to find a position.

At this time I want to say “Thank You” to all members who served on the board or who volunteered for an event this past year. A special congratulation goes out to Clare Stachnik, Clare had been an member of ADA for 50 years. Within these years, Clare has been a very active and dedicated member of NEDA. Thank you Clare for your commitment and years of service.

I also want to congratulate Mary Babcock and Lisa Rinaldi on their awards. I am looking forward to serving as your President for the upcoming membership year and always welcome your input and support as members of NEDA.

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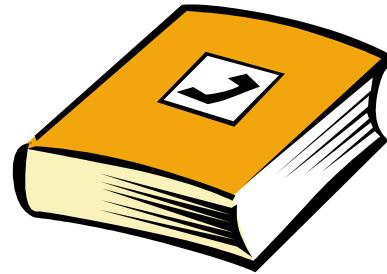
NEDA Board of Directors 2004-2005

Carol Kneier	President
Maureen Dunne-Touhey	President-elect (Newsletter Editor)
Carol Folk	Past-President/Policy & Procedures
Carol Howell	Secretary
Carol Brennan	Treasurer
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Stephanie Falvo	Nominating -Chair-elect
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Ali Aberle-Valentine	Public Relations / NNM Chair
Katie Tullio	Membership Chair
Ann McKenna	Career Guidance/ Job Referral
Jennifer Baumann	Webmaster
Roberta Cammer	Historian

The Membership Directory for 2004 – 2005 has been mailed out to the members.

If you did not receive your copy or if your name was omitted or misspelled, please contact Katie Tullio at:

Freund@wmh.org



Volunteers needed for area Health Fairs:

1. Prime Time Health Network Fair; Thursday May 5 from 10 AM – 3 PM. This health fair will be held at the Steamtown Mall. If anyone is willing to help out, please contact Carol Kneier at: pckneier@nep.net
2. Arthritis Walk and Health Fair; Sponsored by the Arthritis Foundation. June 12, 2005 in the Honesdale Area. Time and exact place TBA. To volunteer, please contact Nancy Herman at (570)829-6231.

Nutrition topics in the news:

1. Excess Deaths Associated With Underweight, Overweight, and Obesity; *JAMA*. 2005; 293: 1861-1867.

Underweight and obesity, particularly higher levels of obesity, were associated with increased mortality relative to the normal weight category. The impact of obesity on mortality may have decreased over time, perhaps because of improvements in public health and medical care. These findings are consistent with the increases in life expectancy in the United States and the declining mortality rates from ischemic heart disease.

2. New USDA Pyramid at: <http://mypyramid.gov>

PADA Award Winners



Left to right: ADA President - Susan Laramée and Mary Babcock

**Mary Babcock, MS, RD,
LDN**
Recipient of PADA's
**Outstanding Educator
Award**

Mrs. Mary Babcock received her B.S. in General and Vocational Home Economics from College Misericordia, her M.S. in Secondary Education from the University of Scranton and her M.S. in Nutrition from Marywood University. Mrs. Babcock is a Medical Nutrition Therapist at the Veteran's Administration Medical Center in Wilkes-Barre and is an Adjunct Faculty in Nutrition at Wilkes University and Marywood University. Mary is also a preceptor for Marywood University's CP and DI programs. Mrs. Babcock is a dedicated mother and a devoted wife of George Babcock. Mary is a wonderful representative of the NEDA.



Left to right: Lisa Rinaldi and ADA President - Susan Laramée

Lisa Rinaldi, BS
Recipient of PADA's **Outstanding
Student Award** for Dietetic
Internships

Lisa Rinaldi is currently a graduate Dietetic Intern at Marywood University. Ms. Rinaldi received her BS from Penn State University and is expected to complete her Masters of Science degree from Marywood in the Spring of 2006. She has been employed as a Director of Food and Nutrition Services in two long term care facilities, as a School Food Service Director and currently work as a Consultant Dietitian. In addition Lisa works at her family business, Café Rinaldi. She is married and has a 7 year old son. Her professional interests include pediatric nutrition and nutrition education. In her spare time Lisa enjoys traveling and having fun with her family.

Member Spotlight



Ryan Hartz , RD NEDA Member

Ryan Hartz received his BS in Nutrition from Marywood University and is currently pursuing his Masters of Science degree in Sports Nutrition & Exercise Science. He supported himself through college by working in the House of Nutrition and working as a personal trainer. Experience as an entry level dietitian was obtained by working at the Tioga Nursing Facility in Sayre, PA. and currently as a clinical dietitian at East Manor Care Facility. Both dietitian

positions were obtained due to a staff member on maternity-leave. As Ryan has noted, “I seem to be the maternity-leave dietitian in the area.”

In addition to the expected “regular” computer skills, Ryan is familiar with various nutrition software programs, i.e. Nutritionist V, Food Works, Nutrition Toolbox, Geri-menu, C-bord, and Menutracker. He is also an entrepreneur by creating a windows-based nutrition computer program, *RD Practice Exam* available on CD-Rom. This CD program is marketed on his website: <http://www.visualveggies.com>



Robin LoDolce, RD

NEDA Member
(Robin Schooley LoDolce)

Robin grew up in Pike County Pennsylvania and worked in the family’s general store, deli, and gas station as a kid.

She has her BS in Hotel, Institutional, and Restaurant Management from Penn State. After many jobs in the food service industry, Robin obtained her registration in dietetics via

the dietetic internship at Marywood University.

Recent clinical dietetic jobs included working with Martha Wright at Mountain View Care Center, Warren Hospital in Phillipsburg, New Jersey, finally finding her niche as the Director of the Pike County Area Agency on Aging in 2001.

The Agency provides all types of supports for seniors to live in their own homes, including transportation, home delivered meals, personal care and respite care services, adult day services and medical equipment and home modifications. There are two senior center with a third opening in spring 2005. These hubs of activities provide nutrition-related services including education and social, recreational, and health promotion. The Agency operates on a budget provided through the Pennsylvania Lottery and Title III funding as well as the Federal funding through the Department of Public Welfare, the county, and local donations.

Robin is committed to the agency's needs, work as an advocate with the legislators and public officials to keep senior's needs AND Pike County on the map. Robin credits her success as a result of her wonderful staff and volunteers well as a wonderful family, her husband, John P. LoDolce and her two children: Rose 4 ½ and Jack 3. They can be seen at many of the agency functions as the seniors do like kids! For sanity Robin enjoys many recreational outings including biking, hiking and boating and caring for her "bunch of pets".

Being a member of the ADA and PADA has many benefits.

This above message is not intended for you, the reader. Since you are already a member of these associations in addition to this local association, you know the benefits. The NEDA would like to do its' part in increasing membership, so we are targeting the future Registered Dietitians, students.

- ***New student benefits:***
 - First year dues waived.
 - Opportunity to apply for a scholarship to attend the next Public Policy Workshop scheduled for March 14–16, 2006 in Washington, DC. (Only one scholarship is available so it will be competitive.)
 - Assistance and encouragement to apply for the Outstanding Student Award and Recognized Young Dietitian Awards as appropriate.
 - Opportunity to network with established locally RD's in the field.

Please contact [Carol Kneier](#), President of the NEDA for more information

Continuing Professional Education (CPE)

1. NEDA Presents and ADA Teleseminar:

Women, Health and Wellness: A Worksite Tribute for Mother's Day **CPE: 2 credits**

Friday, May 6, 2005 Allied Services Charles Luger Center Board Room

Registration: 1:30 – 2:00PM

Program: 2:00 – 3:30 PM

Cost of meeting:

NEDA members: \$10.00

Non-NEDA members: \$15.00 (Non-ADA members will be responsible for submission of their own application for credits and additional fees.)

Mail your name and phone number along with payment to:

Carol Folk

1587 Eighth Street

Wyoming, PA 18644

Registration Deadline: May 4, 2005

Make check payable to NEDA

Who Should Attend

Dietetics professionals who work in clinical, community, private practice and public health settings; all women who work in these settings; all women interested in health issues.

Listen and Learn

- Stop ignoring the importance of preventive health and nutrition for a woman's wellness
- Identify the warning signs for cardiovascular disease, the silent killer in women
- Apply the new Dietary Guidelines to a busy woman's meal plan and eating schedule
- Create an increased awareness of osteoporosis
- Get motivated to plan "spring training" for you, your mother, grandmother, daughter, sister, aunt and friends

2. Free CPE's

Registered dietitians (RD) and dietetic technicians, registered (DTR) can receive **2.0 continuing professional education** units (CPEUs) for completion of the following program by General Mills on whole grains at:

<http://www.bellinstitute.com/wholegrain/>

NEDA Annual Turnover Dinner
Thursday, June 2 2005



At:

ALLIED SERVICES REHABILITATION HOSPITAL
Moffatt Drive on the Morgan Highway,
Scranton, PA

Time: 5:30-6:30 Cocktails

6:00-8:30 Dinner and the Anita
Owen Award Presentation

Cost: \$15.00 per person (Check made out to NEDA)

** Every member that brings a potential non-member will receive a \$5.00 certificate, which can be used towards dues or seminar registration.*

Please forward your reservations with payment by
May 27, 2005 to:

Mrs. Carol Folk
1587 Eighth Street
Wyoming, PA 18644

Delegate's Report

Kessey J. Kieselhorst, MPA, RD, CDE, LDN

kkieselhorst@geisinger.edu

The House of Delegates meets from April 29 - May 1, 2005. Since I am writing this article before those meeting dates, I cannot provide the results of the dialogue discussions. However, I do want to you to know what topics are on the agenda.

A pre-meeting training session is scheduled on the topic of "Scope of Practice, Nutrition Care Process and Model, and Standards of Practice." I will be one of the presenters at this session. I encourage each of you to read the articles in the April 2005 *Journal of the American Dietetic Association* on pages 641-645 related to this presentation. The Scope of Dietetics Practice Framework is something entirely new for our profession. This provides many tools and guidelines that can be used to answer the question "is this within my scope of practice?" The Standards of Practice in Nutrition Care for RDs and DTRS gives us guidance on what is appropriate for RDs and DTRS to do in a setting where the Nutrition Care Process and Model are being used. If you have questions after reading these articles, please contact me.

"Overview of the Nutrition Diagnosis" is another presentation at this meeting. I look forward to receiving more information and guidelines for implementation of the Nutrition Diagnosis as the second step in the Nutrition Care Process. Again, this is cutting edge information that all dietetics professionals need in order to move our practice to a higher level. Information on Nutrition Diagnosis will be showcased at the 2005 FNCE meeting. After the meeting, all members can access this information.

The topics for the dialogue sessions at the HOD meeting are "The Value of ADA Membership" and "The Dietetics Education Task Force Report and Recommendations." Results from these sessions will be shared in the next NEDA newsletter.

It has been my pleasure to be the delegate representative from NEDA during the past year. You have been so gracious and made me feel very welcome.

NEDA Newsletter Editor's note:

Information on the Nutrition Care Process and Model will soon be available from the ADA at: http://www.eatright.org/Public/GovernmentAffairs/98_7996.cfm

Legislation News



Jennifer Grab
Legislation / Licensure
Chair

Licensed dietitian-nutritionists are required by the State Board of Nursing to complete 30 credit hours of continuing education every two years. The question has come up recently, what does the state board accept for continuing education credits?

The proposed licensure requirements of the State Board of Nursing, in section 21.723 provide the rules for continuing education for LDNs. The question, “why all continuing education courses that would meet the requirement for maintaining current RD registration were not Board-approved?” was addressed. Continuing education courses which are substantive learning experience relating to the field of nutrition were accepted. Examples include the following: case presentations, patient case studies, certain certificate programs or individual study programs, interactive workshops, lectures, seminars, post baccalaureate residency and fellowship programs. The Board did not approve the following examples: courses on office management or computer skills, experiential skill development, journal clubs, poster presentations, professional leadership positions or leadership courses, and professional reading. The Board’s decision was based on its evaluation of the types and subject matter of continuing education that offer substantive learning experiences related directly to the practice of dietetics-nutrition.

The board accepts professional readings that are provided by reputable groups, and dietetics related, and provides a certificate of completion. The new opportunity provided by the ADA to gain continuing credits through the journal could cross over and count for the state board, as long as a certificate is provided. The certificate of completion should clearly reflect the topic of the program. The certificate must indicate in the title the topic is nutrition/dietetics. An unaccepted example is “Dietitians Thinking Outside the Box,” this does not indicate what the program was about.

NEDA members may also view the rules and regulations as posted on the PADA website. One last point to consider from Lori Poe’s - Licensure in 2005, facts and updates handout is “Continuing education done for licensure may or may not count toward registration and vice versa. Although a continuing education program may be approved for Registration that does not guarantee it will be approved for licensure.”

NEDA Electronic Job Referrals

Job announcements are being posted to those members who have requested this service. **However, there are a large number of emails being returned stating that the email is undeliverable at the email address we have.**

Please send your new email address to Mrs. McKenna ASAP so that you can continue to receive this benefit and keep Mrs. Ann McKenna from going crazy!!

at: Akmrd@aol.com

NEDA's WEBSITE:

<http://www.eatrightneda.org/>

Have you seen it? It is everything you want, including a member section!

There are many features that will be extremely useful to you:

- RD Member Network - Listing of the RD's in the NEDA area that are willing and able to provide nutrition counseling to the public.
 - Links to other useful nutrition sites
 - Current and archived NEDA Newsletters
- Information about the NEDA and upcoming events, including opportunities for CPE's.
- Downloadable membership application.

If you have any ideas or suggestions for your web site, please contact Jennifer Baumann the NEDA's webmaster at:

webmaster@eatrightneda.org

NEDA 2005 Ballot

Professional Education Elect

❖ Mary Reistetter Ehret, MS, RD, LDN

Current Employment:

Penn State University
College of Agriculture Sciences
Cooperative Extension and Outreach
Supervisor of Penn State Nutrition Links
Extension Educator

Education:

BS Suny Oneonta
MS Marywood University
Certificate in Adult Weight Management

Current Professional Association Offices Held:

Nutrition and Food Science Chair, Pennsylvania Extension Association Family Consumer Science

Past Professional Association Positions:

Chair of the Pennsylvania Extension Association Family Consumer Science (PEAFCS) Nominating Committee for calendar years 02, 01 and Co-Chair, 03

NEDPDA

Chairperson, Division of Practices: Education and Research 1991-1992
Chairperson, Public Relations Committee 1990-1991
Chairperson, Division of Practice: Management 1987-1988
Co-Chairperson, Food for Fitness Run 1984-1985
Co-Chairperson, National Nutrition Month 1982-1983
CO-Chairperson, National Nutrition Month 1981-1982

PDA

Chairperson, Program Publication 1988-1990

Statement:

I have been a member of the American Dietetic Association and NEDPDA for over 23 years. Within those years I have maintained positions in both food service and community dietetics in Northeast Pennsylvania. Currently I am working in the area of educating both professionals and the public in the areas of nutrition and food safety.

Nominating Chair

❖ Clare Stachnik, MS, RD, LDN

Statement:

As chair of the Nominating Committee, It will be my responsibility to recruit candidates for nomination to certain offices/chairs for the next term within the structure of NEDA. I will strive to obtain the best qualified members to serve in these important roles. I will also assist in finding nominations for state and national awards and assist with their application process.

Nominating Chair-elect

❖ Mary Babcock, M.S. R.D. L.D.N.

Education:

B.S. in General and Vocational Home Economics
College Misericordia
M.S. in Secondary Education
University of Scranton
M.S. in Nutrition
Marywood University

Statement:

As Nominating Chair-Elect, I will endeavor to seek candidates to move NEDA forward in our profession and to support the needs of our membership.

Treasurer

❖ Carol Brennan

Statement:

I have held the office of Treasurer in the North East Dietetic Association for the past four years. If re-elected I will continue to record and report all financial information with the utmost regard for accuracy as well as maintain the high standards and professionalism that this association has come to depend on.



Print this page!

Please complete the following ballot by **May 6, 2005** and return it to:

Mrs. Erin Flannery, RD, LDN
838 Orchard St.
Scranton, PA 18505

Or fax to: 570-340-6029

Vote for one from each category

Professional Education-Elect:

_____ Mary Reistetter Ehret, MS, RD, LDN
_____ (write in)

Nominating Chair:

_____ Clare Stachnik, MS, RD, LDN
_____ (write in)

Nominating Chair elect:

_____ Mary Babcock, MS, RD, LDN
_____ (write in)

Treasurer:

_____ Carol Brennan
_____ (write in)

Name - Please Print: _____

Signature: _____

Attention all NEDA members

NEDA Board Meetings are usually held the second Thursday of the month at Allied Services - Rehabilitation Center at 6:30 PM.

All members are welcomed to attend!

Of course you should always check with a board member to ensure that there were no changes on the date or time before you come! And if you come and have a specific concern or comment you may want to contact Carol Kneier to have your item placed on the meetings agenda.

- 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 Maureen Dunne-Touhey at: DunneTouhey@es.marywood.edu

