



MESSAGE FROM THE PRESIDENT

Maureen Dunne-Touhey, MS, RD, LDN



Here it is: A new year for the NEDA, and I hope to accomplish some new things and have fun in the process. I would be remiss if I did not acknowledge that this year is one of the few times in the last ten years that the NEDA is not lead by a dietitian from Wayne Memorial Hospital. I would like to take this opportunity to thank Clare Stachnik, Mary Klem, Carol Folk, and Carol Kneier for their years of leadership. Without them, there would not be a local PADA district!

As my day job requires me to interact with many dietitians across Northeast PA, I have heard many individual RDs grumble that the NEDA has been stagnate, involving few new faces. It is easy to see how one would come to that conclusion, however; upon soliciting NEDA members and/or non-members to serve on the 2006 – 2007 Board, I encountered little interest or support. Therefore, if you share some of the above-mentioned gripes, step up and volunteer to help the new BOD and me to continue the path of change.

Changes I have proposed:

- Monthly meetings will no longer be at Allied Skilled Nursing in Scranton, but will alternate between the Wilkes-Barre and Scranton areas. The next meeting will be at the **Panera Bread in Wilkes-Barre on Wednesday, September 13 at 5:30 PM.** (See the last page of this newsletter for details.)
- Fundraisers to support CPE seminars in our area. The first fundraiser will be at **Wise Crackers in Scranton on Friday, October 20, at 8:00 PM.** (Look for details in the following pages.)
- Plans to find more national speakers for our seminars. (Contact Mary Ehret if you have any ideas!)
- Develop a budget for 2006-2007, which will be printed in the next newsletter.
- Hold seminars in Pike and/or lower Luzerne County. (See the “Save the Date” information on the last page of the newsletters.)
- Update, with Carol Kneier’s guidance, the district’s “Policy and Procedures” and post them with the “Bylaws” on the district’s website.

Please review the names of the brave group of BOD volunteers on Page 2, and contact me if you are interested in having an active role in the district. Be sure to note Jaime’s (Legislative Chair) message, and don’t forget to renew your (LDN) license. Please support the fundraiser, buying one or two tickets (or more)! You can sell tickets to other RDs, friends, and/or relatives. This will be a unique opportunity to network with your peers in a casual and fun environment! Lastly, I want to welcome and thank April Rudat, who has recently returned to NE PA and has graciously offered to be the editor of the NEDA newsletter.

I hope to see you at the next NEDA BOD meeting, at the fundraiser, or at the next seminar. Either way, have fun and be safe!

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Laughter is the best medicine

I know we have all heard this before. But what does it mean to the NEDA members?

As you know, one of the main reasons to join the NEDA has been for affordable and local opportunities to obtain Continuing Professional Education (CPE) activities. In this time when gas prices are rising, it is more important than ever to be able to stay close to home. The NEDA is aware of your needs; but to keep the price of the seminars down, we need to raise money to supplement what the NEDA has in the bank.

How can we do this? We need to step up to the plate (Put our money where our mouths are, etc...) and support the NEDA's fundraiser!

The NEDA fundraiser will be at Wise Crackers, located inside the Clarion Hotel in Scranton, on Friday, October 20, 2006. Doors open at 8:00 PM, and the show starts at 9:00 PM. Tickets will be \$12.00 per person, and half of the proceeds come back to us!



Scranton

300 Meadow Ave
Exit #184 off I81
1-570-344-9811

This will be a fun way to network and see each other in a less formal environment. Know that by attending, you will help the NEDA get better speakers for less money. (Note: You still need to be a NEDA member to get the "member fee" at seminars despite attending NEDA events.)

If you can't attend the show on October 20 but would still like to support NEDA, you can purchase tickets and use them for another night (Just tell Maureen this when ordering). We need to show support for this activity, so join in the fun!

There will also be a silent auction and door prizes! Come enjoy the night out and spend some time with us!

Send your check (payable to the NEDA) to Maureen Dunne-Touhey now!

Send to: Maureen Dunne-Touhey,
RR 3 Box 140 M
Wyoming, PA 18644

In addition, a reproducible flyer for our event follows on Page 3 of this newsletter!

Feel free to copy and distribute this flyer to your friends, co-workers, and family!



NEDA Board of Directors 2006 - 2007

Maureen Dunne-Touhey

Open

Carol Kneier

Jennifer Grab

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Open

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Jaime Cimoichowski

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Career Guidance / Job Referral

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Historian

Newsletter Editor

WISE CRACKERS COMEDY CLUBS
AND
THE NORTH EAST DIETETICS ASSOC.
PROUDLY ANNOUNCE
A COMEDY SHOW FUNDRAISER

FRIDAY OCTOBER 20TH
Fun Night Out for a Great
Cause!!



TICKET INFORMATION:
MAUREEN: 961-4751

SHOWTIME: 9:00 PM

Doors open at 8:00 pm

NE DIETETICS SAY LAUGHTER BURNS CALORIES!

WHERE: WISE CRACKERS CC @ THE CLARION
MEADOW STREET - SCRANTON, PA.
WHEN: FRIDAY - OCTOBER 20TH , 2006 ... 9:00 PM
... DOORS OPEN AT 8:00
COST: \$12.00

LAUGHTER IS THE BEST MEDICINE!

Legislation and Licensure News

By: Jaime Cimochofski, Legislative Chair

Hot Topic: PA Senate Bill 420 and House Bill 360, which provide for Medical Nutrition Therapy for cardiovascular disease

The rationale behind this bill has been that Medical Nutrition Therapy (MNT) for cardiovascular disease results in reduced need for, or in elimination of, medications for disease of the heart and blood vessels. MNT can reduce the cost of care for patients with these diseases and can also reduce the side effects associated with some medications.

These bills will provide for MNT coverage requirements for cardiovascular disease by health insurers. A Licensed Dietitian-Nutritionist (LDN) provides MNT, which includes an assessment of the client's nutritional status, nutrition counseling, and food recommendations to treat the illness. MNT is individualized to meet the needs and lifestyle of the client.

We encourage you to contact your senators and state representatives and ask them to sponsor these bills. Click on <http://www.legis.state.pa.us> to locate your legislator. With your help, we can see these bills through and open the doors for more MNT coverage!

The Importance of Renewing Your License

Remember the licensure law (Act 99) is a title act, meaning no one else can call himself or herself a Licensed Dietitian/Nutritionist or LDN. The law is not a practice act. Please remember to renew your license when the time comes. If caught using LDN credentials and your license has run out, you will run the risk of being fined \$100.00 every month you practice with a lapsed license and it will appear as a violation on your record with the State. Renewal fee is \$45.00. Go to: <http://licensepa.state.pa.us>.

Want to become a Childhood or Adult Weight Management Expert? ADA Weight Management Certificate Program Dates

ADA will be offering the new Certificate of Training in Childhood Weight Management on the following dates:

- October 28 - 30, 2006: Kansas City, Missouri
- March 22 - 24, 2007: The Benson Hotel in Portland, OR

The Certificate of Training in Adult Weight Management will be offered on these dates:

- October 26 - 28, 2006: Kansas City, Missouri
- December 7 - 9, 2006: Plantation, Florida
- May 10 - 12, 2007: Hilton North Raleigh in Raleigh, NC

* ADA/CDR will **NOT** be offering either training in conjunction with 2007 FNCE in Philadelphia.

** You can purchase "Self-Study Modules" from ADA to obtain credits and further knowledge on weight management for a lesser fee than the aforementioned trainings:

- Childhood Weight Management Self-Study Module - http://www.cdrnet.org/whatsnew/childhood_module.htm
- Adult Weight Management Self-Study Module - http://www.cdrnet.org/whatsnew/adult_self_study_module.htm

Please watch the CDR website at <http://www.cdrnet.org> for updates to this schedule!

NEW MEMBER SPOTLIGHT

Meet April Rudat, MS Ed, RD, LDN!



April grew up in Taylor, PA and may be known by some NEDA members by her maiden name, April Meredick. April recently moved back to the area from Virginia Beach, where she worked in nutrition counseling. April is currently beginning a part-time private practice, and she is also working to publish her book, "Oh Yes You Can Breastfeed Twins." April is also presenting and freelance writing on the local, state, and national level on breastfeeding multiples. To reach April, you may contact her via email at: aprilrd82501@adelphia.net.

April has also accepted the position of NEDA Newsletter Editor, and she is the Career Guidance Chair for PADA.

***ATTENTION NEW MEMBERS:** Contact April at the email above to be featured in the "New Member Spotlight!"

The FIRST Way to Prevent Childhood Obesity? BREASTFEEDING!

The Pennsylvania Dietetic Association is pleased to announce a **new continuing education opportunity on Lactation Education!** This two-day lactation training will be held in early-Spring 2007, and it will be sponsored by The Pennsylvania State WIC Dept. NEDA member, April Rudat, will also be presenting on breastfeeding multiples.

The training will be held in Carlisle, PA (near Harrisburg), and the fee will be nominal. PADA is applying for CDR approval for this activity for 14 CPEUs. Look for updates on this training in the PADA Newsletter and on the PADA Listserv. A brochure with specifics will also be sent via mail to all PADA Members.

CONTINUING EDUCATION OPPORTUNITIES

1. On **August 29, 2006**, the PA Nutrition Education Network (PA NEN) and the Central PA Dietetic Association is hosting a workshop on digital nutrition education. 5.5 credits (plus materials and lunch) will be available at \$30 for members and \$55 for non-members; membership to the PA NEN is free. Become a member and register ASAP at: <http://panen.psu.edu/>
2. On **September 14, 2006**, there will be a teleconference on "Prebiotics, Probiotics, & Synbiotics: Where Are We Going?" The cost will be \$15 or FREE for CPASPEN members. Light fare is included in cost. Contact Laura Smith at: 570-819-5780 or via email at: lcsmith@geisinger.edu to RSVP.
3. The 29th Annual National Food Policy Conference will be held on **September 14-15, 2006** at the National Press Club in Washington, DC. Register ASAP at: <http://www.consumerfed.org/events.cfm>
3. The 2006 Bone Health and Nutrition Conference will be held on **October 8-9, 2006** at The Penn Stater Conference Center Hotel in State College, Pennsylvania. Earn continuing education contact hours! Visit: www.outreach.psu.edu/pst/BoneHealth
4. On **Thursday, October 12, 2006**, The Luzerne County Penn State Extension will be offering "Wellness Policies: Putting Them In Motion" at the Best Western East Mountain Inn in Wilkes Barre. For more information and registration forms, call ASAP: 570-825-1701 or email: LuzerneExt@psu.edu
5. Central PA Dietetic Association is planning the "Making an Impact as a Nutrition Professional" event for **November 3, 2006**. Check out their website for more details: <http://www.eatrightcpda.org/>
6. On **November 10, 2006**, the PA CDHCF will host a Continuing Education Program by Linda Mills, MBA, RD, LDN, FADA and Sylvia Escott-Stump, MA, RD, LDN on the business of consulting and the nutrition care process in the Masonic Village in Elizabethtown, PA. You do not need to be a member of PA CDHCF to attend. For more information, contact Jenny Guers, RD, LDN at: littlefoxy7@hotmail.com

FREE CONTINUING EDUCATION OPPORTUNITIES

1. Earn CPE for FREE from ADA by completing online tutorials at: http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/education_3876_ENU_HTML.htm
2. Remember, reading your *Journal of the American Dietetic Association* provides FREE CPE also!
3. FREE CDR-approved CPE at:
 - www.hi-r-ed.org
 - www.rosslearningcenter.com

Review This! A Summary of ADA's 2006 Dietetics Education Task Force Recommendations



Recommendation 1: Visioning Process

The Dietetics Education Task Force recommends the House of Delegates formalize an ongoing, interactive, and integrated visioning process utilizing ADA processes and documentation to define the preferred future of dietetics education and practice, including the role of technical support (DTR), professional (RD), and advanced-level dietetics practitioners.

Recommendation 2: Core Competencies for Entry-Level Professional Practice

Recommendation 2a: The Task Force recommends CADE, with input from the profession, re-evaluate the current core competencies for professional entry-level practice to allow more opportunity for CADE-accredited programs to meet future practice needs with emphasis on a specific area of dietetics practice and to meet requirements for granting a graduate degree.

Recommendation 2b: The Task Force recommends CADE review and revise the current core competencies to reflect current and future practice with special attention to depth and breadth in the following content areas:

Across all areas and settings –

- o Application of quality improvement
- o Ethics and leadership
- o Practice management including cost-benefit/determining value of products and services, marketing, reimbursement, and revenue generation
- o Outcomes research and evidence-based practice
- o Legal issues
- o General business and personnel management
- o Interdisciplinary teamwork
- o Negotiating skills
- o Communication skills.

In clinical, community, and public health nutrition settings –

- o Counseling and behavior management
- o Genetics and/or nutrigenomics
- o The Nutrition Care Process including assessment, diagnosis, intervention, monitoring, and evaluation
- o Utilization of informatics
- o Provision of patient-centered care in collaboration with others.

In food systems and food science settings –

- o Culinary skills
- o Cultural aspects of food
- o Food product development
- o Impact of food processing on nutrient value
- o Environmental/agricultural issues.

Others as needed to meet current and future needs for entry-level practice.

Recommendation 3: Re-assess Supervised Practice Requirements for Entry-Level Professional Practice

Recommendation 3a: The Task Force recommends CADE re-assess the supervised practice requirements and consider expanding supervised practice hours as needed to allow sufficient opportunity for students to acquire the depth and breadth of learning needed to meet the competencies for dietetics practice now and in the future.

Recommendation 3b: The Task Force recommends CADE continue to encourage the use of traditional and innovative approaches to supervised practice to meet the competencies for dietetics practice now and in the future.

(Continued...Page 7)

Recommendation 4: Accredited Entry-Level Professional Degree Granting Program Including Didactic and Supervised Practice

The Task Force recommends for dietetics education and credentialing that CADE accredit only programs offering a degree(s) that include both the academic preparation and supervised practice experience necessary for credentialing.

Recommendation 5: Graduate Degree Requirement for Entry-Level Professional Practice

The Task Force recommends for dietetics education and credentialing that CDR require a graduate degree for eligibility for the CDR registration examination for professional entry into dietetics practice.

Recommendation 6: Advanced-Level Practice

The Task Force recommends the House of Delegates appoint an expert task force to define advanced-level practice and determine the feasibility of and establishment of competencies, guidelines and models for advanced-level practice, education programs that will cross various areas of practice based on the work of the CDR Advanced-Level Practice Audit Committee, prior ADA reports on this topic, and the current literature.

Recommendation 7: Support Practitioners

The Task Force recommends the continued utilization of support-level practitioners partnering with professional-level practitioners and stresses the essential teamwork between these two levels in providing nutrition care. At this time the Task Force is unable to determine the specific education and credentialing needs of support-level practitioners until the results of the visioning process provide a clearer picture of future practice and changes in dietetics education for the professional-level practitioners are implemented and evaluated.

Recommendation 8: Resource Allocation

The Task Force recommends ADA allocate resources to accomplish the Task Force's recommendations.

*The full report for ADAs "Dietetics Education Task Force Recommendations" is available at:

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/governance_787_ENU_HTML.htm

Disorders of Lipid Metabolism Toolkit

ADA's Governance and Scientific Affairs & Research Teams are pleased to announce the publication of the **Disorders of Lipid Metabolism Toolkit**, available on the Evidence Analysis Library!

This *new Disorders of Lipid Metabolism Toolkit* is a set of documents for the practicing RD, which supports the application of the Disorders of Lipid Metabolism Evidence-Based Nutrition Practice Guideline. The toolkit includes the MNT protocol, documentation forms, client education resources, outcomes monitoring forms, and more!

Truly the gold standard of practice, the toolkit will provide you with confidence as you provide scientifically based care. Benefits include:

- Improved patient care
- Cutting-edge approach to care
- Decreased risk of liability
- Easy to use technology
- Training tool for new staff and basis for performance evaluations

The download is available to all ADA members for a nominal fee of \$20.00. To purchase and download the Disorders of Lipid Metabolism Toolkit go to: www.adaevidencelibrary.com and select "Store" from the top navigation bar.

Journal to Offer PowerPoint Slides

The *Journal* is pleased to announce the debut of a new benefit to ADA members!

Beginning with the July 2006 issue, the *Journal* will offer **Microsoft PowerPoint slides** of selected tables and figures from research articles.

These slides offer dietetics educators, students, public speakers, and others a valuable tool in illustrating the research on which dietetics practice is based, and can offer practicing RDs an easy way to show clients the science behind the nutrition counseling they provide.

The first slide to be made available accompanies "Nutrigenetics, Plasma Lipids, and Cardiovascular Risk," by Jose M. Ordovas, PhD. In the future, multiple slides may be available for a single article, and more than one article per month may offer slides. All slides will be downloadable from the *Journal's* Web site at www.adajournal.org at no cost to members.

Support Nutrition in Legislature

A little green makes a big difference

Help us continue to be a player in making policy and legislative changes that enrich and support nutrition professionals and issues within the Commonwealth of PA.



*How can **YOU** help make a difference??*

Contribute \$10.00

Makes check payable to PADAPAC - personal check only, no corporate checks – mail to:

PADAPAC
2040 Chestnut Street
Harrisburg, PA 17104

Thank you for your contribution and continued support!

Get Connected!



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



PADA website: <http://www.eatrightpa.org/>

Join the PADA Listserv for FREE:

<http://www.eatrightpa.org/members/listserv.htm>



ADA website: www.eatright.org

RD Referral Network Enrollment

NEDA's RD Referral Network

The RD Referral Network offers members of the NorthEast Dietetic Association the opportunity to provide nutritional information to consumers residing in the northeast area of Pennsylvania. There is no cost to enroll. Consumers are able to contact the referral network via phone: (570) 603-1007 or through the NEDA's web site at: <http://www.eatrightneda.org/>.

As an RD enrolled in the network, you would be contacted to provide nutritional counseling or answer questions. Anyone interested should contact Maureen Krisa-Kurey at: (570) 342-8389 or email her at: KrisaKurey@eatrightneda.org

PADA and ADA's RD Referral Network

As mentioned above, the RD referral Network is an excellent resource for marketing your service to the public! To sign up with PADA and ADA's RD Referral Network for FREE, visit: http://www.eatright.org/cps/rde/xchg/SID-5303FFEA-58E108F9/ada/hs.xsl/home_1649_ENU_HTML.htm.

Consumers can then obtain your practice information through the Nationwide Nutrition Network at both the ADA and PADA websites.



Save the Date!



✍ Every 2nd Wednesday of the Month at 5:30 PM: **NEDA BOARD MEETINGS** at various sites

- ◆ The next NEDA Meeting will be Wednesday, September 13, 2006 at 5:30 PM at Panera Bread in Wilkes-Barre (near the Arena Hub Plaza, behind Smokey Bones, off the main entrance to Target. Phone #: 825-8077)
- ◆ *All members are welcome to attend!* Just check with a board member to confirm the date/time/location.
- ◆ If you have a specific concern: Contact Maureen Dunne-Touhey (DunneTouhey@marywood.edu) to place your item on the agenda.

- ✍ Friday, October 13, 2006: Next PADA Board Meeting in Carlisle, PA
- ✍ Friday, October 20, 2006 at 8:00 PM: NEDA Fundraiser at Wise Crackers in Scranton
- ✍ Thursday, November 9, 2006: The tentative date for the next NEDA-sponsored seminar
- ✍ Spring 2007: Lactation Educator Training in Carlisle, PA
- ✍ April 23-25, 2007: Public Policy Workshop in 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@adelphia.net.

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

