

**NorthEast Dietetic  
Association  
Newsletter**

**August 2005**

## MESSAGE FROM THE PRESIDENT

Carol Kneier, MS, RD, CDE



Welcome to a new NEDA membership year! It is an exciting time to be a nutrition professional. First, I would like to thank all of you that renewed your membership and for those of you who have found your way back to a great organization. One of our goals this year is to give more benefits back to our members. As a member of NEDA you can now be part of the referral network for free. Inside you will find details on how to enroll. As members you will continue to receive discounted pricing for NEDA sponsored seminars. The next one is planned for Friday, November 4, 2005, so save the date and look for the brochure in your mailbox the week of September 12<sup>th</sup>.

There are many opportunities out there for the nutritional professional. We are used to the traditional roles like in hospitals, nursing homes, schools, and private practice, now dietitians are expanding their expertise out into the community. As President of this organization for little over a year, I have had the chance to meet individuals who are making great strides in the community. The biggest concern these days is obesity. It is our jobs to get out there and educate the public. Did you know that as a dietitian you could apply for grants? Or at least be part of the process. The NEDA board has plans to keep members up to date with this information on our website. So visit our site and check it often for updates. Jennifer Baumann is working hard but member input is needed. If you would like to see specific information on the site or have an idea to add to the website, please contact Jen and share your thoughts.

At this time, I would also like to thank all members who have volunteered their time to attend health fairs in the recent months. It is so beneficial to the community, and the organization, that we get out there and share our knowledge with the public. Check inside to see how you can volunteer and get more involved. Inside you will also find

In closing, NEDA has members who have made great accomplishments in their lifetime. One special member is Clare Stachnik. I mentioned in the last newsletter that Clare has been a member of ADA for 50 years. Clare has been a great mentor for many dietitians, including myself. Please take the time to read all that she has done for our profession and how she continues to be an inspiration to all. Inside you will also find a list of awards that honor members for their accomplishments. Take the time to nominate someone.

### Inside The Issue

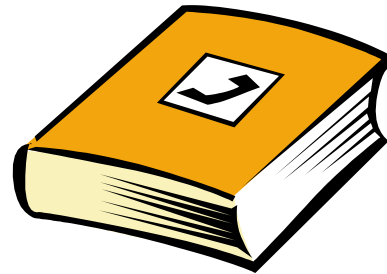
NEDA Website...	page 2
Member Spotlight.....	4
Delegates Report.....	6
Nominations.....	8
Featured article .....	11

**NEDA Board of Directors 2005 - 2006**

Carol Kneier	<b>President</b>
Maureen Dunne-Touhey	<b>President-elect (Newsletter Editor)</b>
Carol Folk	<b>Past-President/Policy &amp; Procedures</b>
Carol Howell	<b>Secretary</b>
Carol Brennan	<b>Treasurer</b>
Clare Stachnik	<b>Nominating-Chair</b>
Mary Babcock	<b>Nominating -Chair-elect</b>
Marie Ratchford-Demkosky	<b>Professional Education - Chair</b>
Lindsay Leventhal	<b>Professional Education - Co-Chair</b>
Mary Ehret	<b>Professional Education – Chair-elect</b>
Jennifer Grab	<b>Legislation / Licensure Chair</b>
Open	<b>Public Relations / NNM Chair</b>
Katie Tullio	<b>Membership Chair</b>
Maureen Krisa-Kurey	<b>R.D. Referral Network</b>
Ann McKenna	<b>Career Guidance/ Job Referral</b>
Jennifer Baumann	<b>Webmaster</b>
Roberta Cammer	<b>Historian</b>

**The Membership Directory for 2005 – 2006 will soon be made available to all members.**

If you have any question about this membership book please contact Katie Tullio at: [tullio@eatrightneda.org](mailto:tullio@eatrightneda.org)



Jennifer Marie Baumann

**The NEDA website**



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

**The BOD of the NEDA is excited to add another member benefit to your continuing growing list. This web site will be used for communication between its members, as a marketing tool for the RD, as a place where the members go for new information and for educational handouts. Jennifer Baumann the NEDA’s Webmaster has done an excellent job. See next page.**

Jennifer Baumann, the NEDA's webmaster, would like to take this opportunity to address the membership:

As we continue to work on the NEDA member's only website ([www.eatrightneda.org](http://www.eatrightneda.org)), we have experienced some server-based software issues. I am pleased to announce that these problems no longer appear to be an issue and development of the members only section will continue. Additionally, I would like to inform you that the site has been migrated from an older linux (P4 2.4 GHZ Processor, 1 GB RAM) server, to a new robust Dual XEON 3.2 GHZ Processor - 4 GB RAM server. In simple terms, the site should run much faster! Additionally, we will be creating the members database, logins and passwords shortly. Once this is completed, all members will be able to login using their last name and ADA Member Number. Stay tuned to the newsletter and website for more details!

If you have any comments or suggestions about the website please contact Jennifer at : [webmaster@eatrightneda.org](mailto:webmaster@eatrightneda.org)

---

### **Health fairs**

Volunteers for the areas Health Fairs are always needed. Please contact Carol Folk if you would be interested in representing the NEDA and your profession at any future Health Fairs at: [folk@eatrightneda.org](mailto:folk@eatrightneda.org)

---

**Obesity Management...** Your ADA membership now entitles you to a deeply discounted subscription to the acclaimed journal Obesity Management. ADA is collaborating with the publisher, Mary Ann Liebert Inc., on this quarterly practice journal, which provides dietetics professionals, physicians and other health-care personnel with effective management options, medical advances and preventive strategies. Each issue of Obesity Management delivers practical, action-oriented information and tools for practitioners working with overweight and obese patients. The editor-in-chief is James O. Hill, PhD, and two ADA members sit on the editorial advisory board: Gail Frank, DrPH, RD, and Cindy Moore, MS, RD. As a collaborating organization, ADA is able to offer our members a subscription price of \$65 (regular \$94) for the print and online versions and \$55 (regular \$79) for the print version alone.

To subscribe to Obesity Management or to view a sample issue, visit <http://www.liebertpub.com/obe> or call 914/834-3100. Be sure to indicate you are an ADA member to receive your discounted subscription.

# Member Spotlight



## Clare Murray Stachnik Celebrates **50 Years** of ADA Membership

By: Clare Murray Stachnik

Looking back on her career, Clare remembers that she always enjoyed teaching. Her bachelor's degree from Marywood in Home Economics Education prepared her to teach what is now called Family & Consumer Sciences. Her education also qualified her for ADA membership, provided that she completed a dietetic internship. She was fortunate to be selected to attend St. Mary's Hospital, in Rochester, Minnesota, which is an affiliate of the renowned Mayo Clinic. Clare still recalls the strict and demanding protocols of that experience, but admits it was the highlight of her education. At that time completing the internship enabled individuals to join the ADA. This ADA membership was your credential and verification of your expertise in the field of nutrition and food science.

As a Clinical Dietitian at Bryn Mawr Hospital, Mrs. Stachnik's teaching skills were immediately put to use. Instructing patients, families, medical students, student nurses, and food service staff, all became part of the routine.

In 1980, as a consultant dietitian she was the R.D. on the multidisciplinary team that opened the first out patient Diabetes Education Program in northeast Pennsylvania, at Carbondale General Hospital. The outcomes shown through this type of program were included in what has become "National Standards for Diabetes Education". After obtaining her Master's degree Clare was able to share her clinical experiences with future dietitians enrolled at Marywood University.

In 1985, Clare joined the staff of Wayne Memorial Hospital in Honesdale, first as a part time clinical RD and one year later became Director of Nutrition & Food Services. During Clare's tenure outpatient programs such as Diabetes Education and Weight Management were developed along with the initiation of a Diabetes Support program. Diabetic "Taste-In" programs were presented annually. Various other community education programs were developed and implemented by the hospital and Clare made sure that they all contained a nutrition component.

When the Certified Diabetes Educator (CDE) credential became available Clare was well qualified and able to add this certification to her expertise. Mrs. Stachnik was a founding member of the local chapter of the American Association of Diabetes Educators (see: <http://www.diabeteseducator.org/>) and she has served as president as well as various other board positions.

Throughout her career, Clare has mentored, encouraged and welcomed others to share her commitment to the profession of dietetics. She believes that active membership in PADA and NEDA enables members to meet, mingle and learn from others. She has served both groups in a combined total of 36 different board positions dating back to 1975.

Mrs. Stachnik believes that the need for coordination between legislation and health care is imperative. When House Bill (HB) 656 was introduced [HD 656's objective was to mandate education for persons with diabetes by all insurance carriers in the state] Clare educated the staff and administration of Wayne Memorial Hospital on the importance of this issue to which they rallied behind her by conducting a town meeting on hospital property. The bill passed. For 18 years RD's in our district were encouraged by Clare to get involved and call or visit their legislators and educate them on what Registered Dietitians do and why RD's need to be licensed. Finally in 2002, RD's attained that goal and now use the legal credential "LDN".

Whether organizing "Lunch with your Legislators", "A Walk in the Park,"(for the Diabetes Support Group), a NEDA Seminar, or other nutrition programs, Clare Stachnik is continuing to send the message that nutrition sustains a healthy life and that the RD is the nutrition expert.

---

## 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. It is an excellent way to increase client base to a current practice or to start a new practice. Anyone interested should contact Maureen Krisa-Kurey at (570) 342-8389 or email her at: [KrisaKurey@eatrightneda.org](mailto:KrisaKurey@eatrightneda.org)

**Delegate Update**  
**Marie Kamp, MBA, RD, LDN**



I found the weather was too hot in Texas, too muggy in Louisiana, too unpredictable in Oklahoma, and way too cold in upstate New York. Well, I have found since moving to Pennsylvania 4 years ago, that Pennsylvania weather is all of the above. I have also found in this wonderful state, a passion and dedication to the profession of dietetics that is unsurpassed. That is one of the reasons I am so excited to be the newly elected delegate for Pennsylvania. In this position, I hope to meet as many dietitians and diet technicians as possible to hear your questions, concerns, and comments. Please do not hesitate to contact me, Marie Kamp, MBA, RD, LDN at [myk2@psu.edu](mailto:myk2@psu.edu).

Here is what's been happening:

**Outcomes of the Spring 2005 House of Delegates Meeting** include:

- Discussion about the Dietetics Education Task Force Report will continue. Additional members will be added to the Task Force to ensure inclusion of non-clinical practitioners.
- The Nutrition Diagnostic Codes were approved and will be published in the Journal soon. Many members are already implementing these!
- The Quality Management Committee provided a workshop about the newly published Scope of Practice for Dietetics Framework article. This CE presentation is available from delegates.

**Fall 2005 House of Delegates Discussion Topics**

**Big Question:** What is the role of Dietetics Professionals in supporting a Sustainable Food Supply that is healthful and safe?

A safe, sustainable, and nutritious food supply is one of ADA's priorities.

However, a survey of dietetics professionals found that only 43 percent of respondents had heard of sustainable agriculture.

- What skills and knowledge do dietetics professionals need to support, promote and educate the public on a sustainable food supply?

**Big Question:** How to ensure a responsible relationship between industry and the American Dietetic Association/dietetics professionals?

Some ADA members question allowing companies to provide financial assistance to the organization at the national, affiliate, DPG or individual level.

Right now, the culture of our society is to address complex problems, adapt to rapid technology change and produce more with limited resources.

Some members are unaware of the checks and balances that can ensure integrity and appropriateness of industry relationships.

As a dietetic professional, please describe successful and unsuccessful industry relationships that you personally experienced?

## Journal News

- Did you notice that the *Journal of the American Dietetic Association* now offers Continuing Medical Education credits? Have you shared these articles with physicians? What a great way to further develop relationships with physicians!
- Beginning with the September 2005 issue of the *Journal of the American Dietetic Association*, a new column will be added called From the Surgeon General. U.S. Surgeon General, Richard H. Carmona, MD, MPH, FACS, will contribute a column every two months on the topic of nutrition and health care.

## Stay Up-To-Date

- **Listen and Learn Teleseminars**

Order Writing Privileges and New Standardized Language for Nutrition Diagnosis, October 6. Register at:

[http://www.eatright.org/Member/ProfessionalDevelopment/76\\_11934.cfm](http://www.eatright.org/Member/ProfessionalDevelopment/76_11934.cfm)

- **Education Materials -**

The USDA has developed new resources for professionals and ADA is making them available to you. The files are available for downloading from ADA's FTP site. To download them, click on the links below, or cut and paste them into the address line of your Web browser: My Pyramid: USDA's New Food Guidance System (Peer-to-peer PowerPoint presentation)

<http://ecom.eatright.org/prteam/PeertoPeer.ppt> *Dietary Guidelines for Americans, 2005* (PowerPoint presentation for professionals)

<http://ecom.eatright.org/prteam/DG2005Professionals.ppt> Each file should begin downloading automatically to your computer; they may take several minutes depending on your Internet connection.

- **ADA Evidence Analysis Library**

Have you used the ADA Evidence Analysis Library ([www.adaevidencelibrary.org](http://www.adaevidencelibrary.org)) recently? The newest product is the long awaited Hyperlipidemia Guideline. Dive into this evidence-based list of recommendations and see what 3031 ADA Members have been using just since August 1!

# Nominations

The Nominating Committee of the Northeast Dietetic Association is seeking nominations for the many awards offered by our Association. This is **your** opportunity to acknowledge the accomplishments of your peers / friends! Please take this time to nominate a fellow registered dietitian to be recognized for what he / she has achieved.

## Recognized Young Dietitian of the Year

The purpose of the RYDY program is to recognize the competence and activities of younger dietitians in the American Dietetic Association and to encourage their continued participation in Association affairs. This group will be an additional resource from which the leadership of The Association will develop at the district, state, and national levels.

In addition to publishing the list in the *Journal of the American Dietetic Association*, each awardee will receive a formal certificate of recognition from the President of the American Dietetic Association.

## Recognized Dietetic Technician of the Year

The purpose of the Recognized Dietetic Technician of the Year award is to recognize the professional contributions of dietetic technicians in the American Dietetic Association and to encourage their continued participation in Association affairs.

In addition to publishing the list in the *Journal of the American Dietetic Association*, each awardee will receive a formal certificate of recognition from the President of the American Dietetic Association.

## The Keystone Award

The purpose of the Keystone Award is to give recognition to the Pennsylvania dietitian(s) who have through leadership ability demonstrated exemplary professional standards to serve and advance the aims of the Pennsylvania Dietetic Association. This award is presented to a maximum of two members of PADA each year.

## Outstanding Dietitian of Pennsylvania

The purpose of the Outstanding Dietitian of Pennsylvania Award is to give recognition to the Pennsylvania dietitian whose record of leadership and service is outstanding and whose contributions to PADA and the public have been long-standing and exceptional. This award is the highest honor presented to one dietitian each year.

## Emerging Dietetic Leader

The purpose of the Emerging Dietetic Leader Award is to recognize the competence and activities of dietitians regardless of their age, who have made distinctive contributions early in their dietetics careers to The American Dietetic Association. The award encourages their continued participation in the Association affairs. The more mature / older group will be an additional resource from which the leadership of the Association will develop at the district, state, and national levels.

## Deadlines for Nominations

NEDA's Nominating Chair must receive the nomination for the *Outstanding Dietetics Educator* by October 10, 2005.

Nominations for other awards listed here are due by October 15, 2005

Please email nominations to: [clarestach@aol.com](mailto:clarestach@aol.com) or to

Clare M. Stachnik MS.RD.LDN  
NEDA Nominations Chair  
RR 6 Box 6072  
Moscow, PA 18444

See the Nomination form below.

### **Outstanding Dietitian of PA (ODY)**

The purpose of the Outstanding Dietitian of Pennsylvania Award is to give recognition to the Pennsylvania dietitian whose record of leadership and service is outstanding and whose contributions to the PADA and the public have been long standing and exceptional. This award is the highest honor presented to one dietitian each year.

### **Outstanding Dietetics Student (ODS)**

The purpose of the Outstanding Dietetic Student Award program is to recognize the emerging leadership and achievement of students in CADA-accredited and approved dietetics education programs and to encourage their participation in the American Dietetic Association. A student from each type of education program within a state will be selected by each state association (a maximum of 4 per state).

In addition to publishing the list of the outstanding students in the *Journal of the American Dietetic Association*, each awardee will receive a congratulatory letter and certificate signed by the President of the American Dietetic Association.

### **Outstanding Dietetics Educator (ODE)**

The purpose of the Outstanding Dietetics Educator Award program is to recognize the teaching, mentoring, and leadership activities of faculty and preceptors in CADE-accredited and approved dietetics education programs. One educator or preceptor will be selected from each program type in each geographic area (a maximum of 4 awardees from each of the 7 geographic areas for a total of 29).

In addition to publishing the list of outstanding educators in the Journal and DEP-line, each awardee will receive a certificate and congratulatory letter from the American Dietetic Association President. Awards will be presented at the DEP area meeting for educators each spring.

### **PADA Scholarship**

A scholarship is available to a candidate by the PADA. The individual must be a current member of The American Dietetic Association who wishes to be eligible for registration through: (1) internship, (2) a coordinated program, or (3) and AP4 program.

- ✓ Award criteria for the awards can be found at:  
<http://www.eatrightpa.org/members/awardscholarshipapps.htm>
- ✓ Information on the application process can be obtained by contacting: Clare Stachnik at 570-842-2536 or [clarestach@aol.com](mailto:clarestach@aol.com)

## Nomination Form

**1. Outstanding Dietetics Educator**

Nominee: \_\_\_\_\_  
Name Phone and/or e-mail address

**2. Outstanding Dietetics Student**

Nominee: \_\_\_\_\_  
Name Phone and/or e-mail address

**3. Recognized Young Dietitian of the Year (RYDY)**

Nominee: \_\_\_\_\_  
Name Phone and/or e-mail address

**4. Recognized Dietetic Technician of the Year (RDTY)**

Nominee: \_\_\_\_\_  
Name Phone and/or e-mail address

**5. Emerging Dietetic Leader**

Nominee: \_\_\_\_\_  
Name Phone and/or e-mail address

**6. Outstanding Dietitian of Pennsylvania**

Nominee: \_\_\_\_\_  
Name Phone and/or e-mail address

**7. Keystone Award**

Nominee: \_\_\_\_\_  
Name Phone and/or e-mail address

## Save the dates:

### 1. The Annual **Diabetes Taste In**

This year it will be on November 20, 2005

For more information please contact- Marie Rathford-Demkosky at 570-383-1259

### 2. NEDA Seminar: **November 4, 2005**

---

## Article of interest

*Journal of Parenteral and Enteral Nutrition*, Vol. 29, No. 5, 2005 380-387

### **Effects of Hypercaloric Feeding on Nutrition Status and Carbon Dioxide Production in Patients With Long-Term Mechanical Ventilation**

Hui-Chen Lo, PhD , Ching-Hsiung Lin, MD and Ling-Jang Tsai, MS

*Background:* To clarify clinical arguments regarding nutrition support in patients with long-term mechanical ventilation, we investigated the effects of hypercaloric feeding on nutrition status and carbon dioxide production. *Methods:* Twenty-eight mechanically ventilated, clinically stable patients with nasogastric tube feeding were recruited and randomly divided into the control and hypercaloric groups, which were provided with 1.2- and 1.8-fold of resting energy expenditure (REE), respectively. The arterial and venous blood samples were collected, the anthropometric measurements were determined, the serum concentrations of nutrition-related proteins were measured, and the parameters on the ventilator and indirect calorimeter were recorded on weeks 0, 2, and 4. *Results:* There were no significant changes in anthropometric measurements, blood gas tensions, and REE between the control and hypercaloric groups during the experimental period (mixed model with repeated measures analysis,  $p < .05$ ). After adjusted for values on week 0 and time, patients with hypercaloric feeding had significantly increased levels in white blood cells, hemoglobin, and hematocrit. However, the control group had significantly decreased and the hypercaloric group had significantly increased serum concentrations of prealbumin and transferrin, rate of carbon dioxide production, and respiratory quotient (RQ) from week 0 to week 4. *Conclusion:* Our results suggest that 4 weeks of hypercaloric feeding may significantly increase the production of carbon dioxide but may not significantly alter the clinical outcomes in patients with long-term mechanical ventilation. The adverse effects of hypercaloric feeding may easily be overlooked, and the appropriateness of nutrition support should be carefully monitored in patients with mechanical ventilation.

Accessed at: <http://jpen.aspenjournals.org/cgi/content/abstract/29/5/380> on August 31, 2005

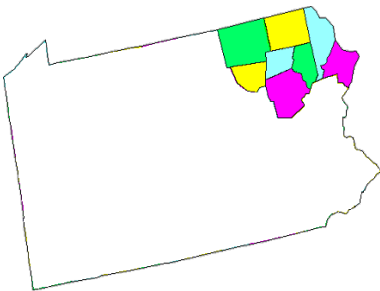
## Attention all NEDA members

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@marywood.edu](mailto:DunneTouhey@marywood.edu)



North East Dietetic Association  
C/o Maureen Dunne-Touhey  
RR 3 Box 140 M  
Wyoming, PA 18644