



**NorthEast Dietetic  
Association  
Newsletter  
December 2009**

A district of the **Pennsylvania  
Dietetic Association**

**eat  
right.** an affiliate of  
**American Dietetic Association**



MESSAGE FROM THE PRESIDENT  
Maureen Krisa-Kurey, MS RD LDN

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**As the year comes to a close, we all look back at what we have done and accomplished over the past year. As NEDA president, I have looked back at what was done for our members over the previous year.**

We participated in the Lackawanna County Medical Society's Health Fair in the Park in June, hosted a Wine Tasting in September, offered 6 CEU's for FREE in November and ended the year with a FREE Holiday Party for our members.

Throughout the year, our board members worked very hard organizing events for the membership. We have had a great turnout at all of our events and we hope that you have enjoyed attending them.

I encourage all of you to attend our next board meeting, Tuesday January 5, 2010 at 6 pm at the VA Medical Center. We are always looking for new faces and ideas.

I wish all of you a safe and joyous holiday season with your family and friends.

Maureen Krisa-Kurey, NEDA President

## **Wine Tasting Highlights**

On September 17, 2009, we hosted our 3<sup>rd</sup> annual wine tasting fundraiser. It was held at Maiolatesi Wine Cellars in Justus, PA. It was attended by 25 NEDA members and friends. Sal Maiolatesi (official nickname Sal the wine guy) was a fabulous host as we learned how to pair wines with different gourmet cheeses to enhance the flavors of the wines. Several friends have already asked about next year's tasting. We didn't raise a lot of money, but we sure had a lot of fun!!!

## **Seminar Highlights**

On November 11, 2009, our annual fall seminar was held. We had 60 NEDA members in attendance. Our members received 6 CEU's for FREE!!! Speakers included Eric Pusey, pharmacist with an update on food and drug nutrient interactions. Evelyn Phillips, MS RD gave an update on pressure ulcer management.

Our own members Arlene Feleccia, RD CDE LDN and Lisa Wolk, RD LDN gave updates on diabetes and renal disease.

A special thanks to Kim Caswell (Professional Chair), JoAnn Christaldi (Professional Chair-elect) and students from Marywood University for the awesome seminar.

## **Holiday Party**

On Wednesday December 2, 2009, we gathered at Carmella's restaurant in Dunmore for our annual holiday party. It was well attended with 23 members.

The restaurant was elegantly decorated with the theme of a white Christmas.

Carmella and her staff put out a wonderful buffet dinner that included mixed green salad with homemade dressings, garlic and brushetta breads, homemade meatballs, penne pasta with vodka sauce, chicken francaise, steamed carrots and green beans, oven roasted red potatoes and homemade chocolate cake for dessert.

### **NEDA Board of Directors 2009-2010**

<b>Maureen Krisa-Kurey</b>	<b>President</b>
<b>Amy Cartwright</b>	<b>President-elect</b>
<b>April Rudat</b>	<b>Past-President /Policies/ Membership Chair</b>
<b>Paula Montross</b>	<b>Secretary</b>
<b>Beth Pavon</b>	<b>Treasurer</b>
<b>Justine Weiss</b>	<b>Nominating-Chair</b>
<b>Gretchen Hunt</b>	<b>Nominating-Chair-elect</b>
<b>Kim Caswell</b>	<b>Professional Education-Chair</b>
<b>Joann Christaldi</b>	<b>Professional Education-Chair-elect</b>
	<b>Legislation / Licensure Chair</b>
<b>Louisa Dombloski</b>	<b>Public Policy Coordinator</b>
<b>Marianne Cerimele</b>	<b>Public Relations / NNM</b>
<b>Ann McKenna</b>	<b>Career Guidance / Job Referral / Diversity</b>
<b>Tanya Papura</b>	<b>Nutrition Student Liaison</b>
<b>Roberta Cammer</b>	<b>Historian</b>
<b>Maureen Dunne-Touhey</b>	<b>Web Master</b>

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## **Treasurers Corner By Beth PaVon, MS, RD, LDN**

Members often wonder why they should join their optional local ADA chapter. Why spend the extra \$25? Where does the money go?

North East Dietetic Association (NEDA) is your local chapter. Planned activities are based on the needs of its members. The benefits far exceed this basic membership fee. Keyed toward networking and much needed credit hours, the NEDA has held two “free” activities for its membership in the past 2 months. In November, NEDA held its annual free lecture, offering 6 credits. The value in today’s market of this event would likely exceed \$50, twice the membership fee. In December, the annual Christmas party was attended by more than 20 local dietitians, providing excellent networking opportunities. This event is “priceless”. The officers and I invite you to become an active member of NEDA and reap the rewards of membership throughout the year.

## **Louisa Dombloski, RD, LDN / NEDA Public Policy Coordinator**

Please mark your calendars for Sunday March 21, 2010 for our PPW Party!

March 22 will be a Webinar for information on Federal Programs and Policies. March 23 will be student day. We need a united front to make a difference. Many other Professional Organizations are pushing for their causes. We need your help and we need it now.

There are 5 Action Alert Letters on the ADA Web Page. It is very easy to send an electronic letter. It means more if you add your own comments at the beginning and close of the letters. If you don’t have the extra time, just read the letter and send it without adding comments. Your representatives will be listed. Speak from your gut, you are the expert. You can also listen to Town Meetings on the phone or visit your representatives in their home offices.

PADA will concentrate on 3 areas at the state level.

1. “Highmark has indicated they will not recognize RDs as eligible providers in their network. Current law allows for RDs to be covered. Some RDs have been covered for Diabetes education. Efforts will continue to encourage Highmark’s compliance with the law.”
2. “Statewide Standards for Public School Foods-PADA will work to promote the inclusion of nutrition education in a current bill that would set standards for all foods offered in public schools in PA.”
3. “Funding-PADA will promote adequate funding for nutrition related programs funded by state money.”

## The NEDA Now Has Electronic Policies and Procedures! By April Rudat, Membership Chair/Policy & Procedure Chair

In 1991, the dedicated board members of the NEDA, then the NEDPDA, crafted, typed, discussed, and approved the official By-Laws and Policies and Procedures (P & P) for our organization. Back then, before the days of Microsoft Word and external hard drives, our P & P strictly existed in paper form. However, after two or more years of scanning, re-typing, updating, formatting, editing, discussing, and approving, our NEDA Policies and Procedures are now available electronically and will soon be posted to our website, [www.eatrightNEDA.org](http://www.eatrightNEDA.org), for your access. Many thanks to all those who helped with this project.

### **What Can You Find in the NEDA P & P?**

- Want to know the "job descriptions" for each board position? See the NEDA By-Laws.
- Want to know about our NEDA Policy on speaker honorariums? See the updated policy in Section 800, recently updated and made equivalent to the PADA policy.
- Want to see NEDA Treasurer, Beth PaVon's, spreadsheets for keeping track of our income, expenses, and budget electronically? See Section 200.
- Are you an Anita L. Owen award winner? Are you interested in learning the Anita L. Owen nominating criteria for our only NEDA award? Visit Section 800 -- In this section, we have included everything you need to know about this award and **a complete listing of all those who received the award.** (An ongoing list will be kept in the P & P electronic manual.)

So check out [www.eatrightneda.org](http://www.eatrightneda.org) to see our NEDA Online P & P Manual in the near future.

## What is another benefit of NEDA Membership? FREE marketing for your nutrition business!

On [www.eatrightneda.org](http://www.eatrightneda.org), you can now advertise your products, services, or books at the bottom of our homepage.

If you own a nutrition business or private practice, please reply to the "contact us" area on the website with:

- your name/credentials and business name
- the products and services you offer/sell
- your business contact information including all applicable categories ( website, contact phone number, business e-mail and address, any other pertinent information)

Please respond ASAP for this incredible opportunity to begin. You must be an NEDA member to advertise your products/services on [www.eatrightneda.org](http://www.eatrightneda.org)

Upon compiling a complete list of NEDA Member Products and Services, we will add this information to our website so that consumers in our area will be able to seek out his information easily.

## Membership Highlight



**Laurie Doscher**

I am the Project Director for Eat Smart New York at Cornell Cooperative Extension in Liberty, NY. I am the RD for the Office of the Aging and Head Start in Sullivan County. I also work with an HIV clinic conducting nutritional counseling. I am also the RD for Sullivan County Long Term Care.

I am originally from Queens and received my bachelor's science degree at Hunter College in 1980 and Masters in Science at NYU in 1985. I moved to Orange County, NY in 1987 and have worked in a residential school for wayward children, DDSO and nursing homes, rehab centers until coming to CCE in 2005.

My job here at CCE is equivalent to the PA Tracks program. I became the project director about 2 years ago. I live in Damascus, PA, although my significant other and I are looking for a bigger home as we both have 2 BR houses. He works in Carbondale and I in NY, so we are looking in PA, somewhere in the middle.

I have a bungalow near the ocean in Queens and I frequently join polar bear swimmers for a winter swim and have swam for a group in Queens in February for cystic fibrosis for the past 2 years.

I enjoy sewing, needlepoint and have walked outdoors for 2 miles every day for the past 3 years. I used to hike until my knees gave out and had to give up my hikes on Mount Washington in New Hampshire.

## NEDA Newsletter Call for Nominations

NEDA Newsletter-Second Call for Nominations!

Dear NEDA members, prospective members, and students,

There are many outstanding individuals in our district that would make wonderful contributions as NEDA Board members. We are looking forward to hearing about your interest in assuming a leadership role by joining the Board for 2010-2011. Available positions and descriptions follow.

### **Board Position for 2010 - Description of Responsibilities**

**President-Elect-** completes 4 newsletters and prepares for presidency the first year; serves as president the second year; serves as Policy and Procedure Chair in the third year

**Nominating Chair Elect-** assists Nominating Chair in finding people to fill NEDA ballot positions and receives nominations for PADA and NEDA awards

**Secretary-** takes minutes at the Board meetings and shares them electronically with the other Board members

**Chair Elect of Professional Education-** assists Chair of Professional Education in planning and organizing 2 NEDA seminars

**A Reminder!** PADA nominating Committee is going green! Nominations for awards will be limited to 10 pages. Three ring binders will not be accepted. The committee welcomes your list of accomplishments though supporting pictures and certificates are not needed. Please direct question to Marge Fitzgerald at [margefitzgerald@comcast.net](mailto:margefitzgerald@comcast.net).

Registered members of the NEDA who are members of ADA are eligible to be nominated for these awards. There is someone you know that should be nominated for one of the following awards. Don't let their contributions go unrecognized. Please nominate them for the appropriate award for 2010.

### ***Anita Owen Award***

The Anita Owen Award is to encourage development of and recognize excellence in innovative and unique models for delivery of food, nutrition, and dietetic information and/or innovative services for delivery of nutrition education to the public. The award recognizes the work of individual dietetic practitioners, not the program activities.

Nominations Due Date: Feb. 21, 2010

Email Nominations to Justine Weiss, NEDA Nominating Chair, at: [steen53@ptd.net](mailto:steen53@ptd.net)

**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.

### **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.

### **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. (Must be a member of PADA)

### **The Emerging Dietetic Leader Award**

This Award recognizes the activities and competence of dietitians regardless of their age, who have made distinctive contributions early in their career to the ADA.

### **The Outstanding Dietetics Educator Award**

This Award recognizes the excellence of educators in the American Dietetics Association accredited and approved dietetic education programs.

### **The Outstanding Dietetics Student Award**

This Award recognizes emerging leadership and achievement of students enrolled in ADA-accredited and approved dietetics education programs and encourages participation in the Association.

Appropriate data forms may be obtained by nominees at [www.eatrightpa.org](http://www.eatrightpa.org) and <http://www.eatrightpa.org/scholarships/applications.htm#Emerging>

Deadline for accepting nominations must adhere to those set by PADA. See [www.eatrightpa.org](http://www.eatrightpa.org)

Thank you,  
Justine Weiss  
Nominating Chair

## Save The Date

77th PADA Annual Meeting & Exhibition

"Excellence in Dietetics *Integrating Research, Education and Practice*"

Marriott North, Cranberry Township, PA

April 25, 2010 Pre-meeting workshops

April 26-27, 2010 Annual Meeting & Exhibition

### Scheduled meeting dates for 2009-2010:

January 5, 2010 (Tuesday) Wilkes-Barre VA

February 3, 2010 Marywood University

March 3, 2010 Wilkes-Barre VA

April 7, 2010 Marywood University

May 2010 Turnover Dinner (TBD)

Meetings at Marywood are held at the Keith O'Neill building and meetings held at the VA are on the first floor behind the cafeteria. All meetings start at 6pm.

*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 Amy Cartwright@ [amycrd@epix.net](mailto:amycrd@epix.net)*