



NorthEast Dietetic Association Newsletter

March 2006

MESSAGE FROM THE PRESIDENT

Carol Kneier, MS, RD, CDE



I cannot believe that we are already into the third month of the New Year! I hope that one of your New Year's resolutions was to be more active in your association – NEDA. This time of year we are seeking members to run for board positions or volunteer to be chair of a committee. With our membership at 100+, I know that there are individuals out there with lots of energy and great ideas. Drop me an email or give me a call to find out what position would be right for you.

March is National Nutrition Month and this year the board decided to host the two soup kitchens in our area. So save the dates, March 20th and March 27th, and plan to help be host for the day. This is a great way to give back to our communities. Check out the details on page 3.

Another great event that I encourage all members to get involved in is Dietetics Day at the Capital. On April 3rd all PA Dietetic Professionals meet in Harrisburg and talk politics. Get to know your legislators and see what bills need our support. We are planning to travel down in groups, so there is no need to go alone. Contact Jennifer Grab at jengrab@yahoo.com for more information.

Don't forget about the 73rd annual PADA meeting planned for April 27th – 29th, at the Crowne Plaza Valley Forge, King of Prussia, PA. If you have not received your brochure yet, log on to www.eatrightpa.org to get all the details!

In this newsletter you will find other opportunities for continuing education credits. NEDA will be sponsoring an ASPEN teleseminar on April 6th and Penn State Cooperative Extension is sponsoring a day seminar on April 20th. Look inside for details. **Save the date: NEDA Spring Seminar scheduled for Thursday, May 26th.**

I encourage you to read the newsletter from cover to cover. There is information on: nominations, joining the referral network, updates from our delegate, and thank yous from fellow dietitians.

In closing, I would like to leave you with this quote: **You make a living by what you get, but you make a life by what you give.** -- *Winston Churchill*

Get involved, Volunteer!

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NEDA Board of Directors 2005 - 2006

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Jennifer Baumann	Webmaster
Roberta Cammer	Historian

Correction - There was an error in the **December NEDA Newsletter** in the *Legislation Update* article on page 7. Please note that *Professional readings* **are approved** for your CPE requirement towards PA Licensure if there is an evaluative test submitted and a certificate of completion or CPE unit awarded.

NEDA website



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

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. 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

Jennifer Grab
Legislative / Licensure Chair

- **News for National Nutrition Month!**



This year the Northeast Dietetic Association is supporting the Wilkes-Barre and Scranton soup kitchens. As the national budget tightens and entitlement programs lose funding, thousands more people will be suffering hunger. The NEDA will be donating \$100 to two soup kitchens, [St. Vincent's DePaul](#) (Wilkes-Barre) and [St. Francis of Assisi](#) (Scranton).

On Monday, March the 20th the NEDA will be *Hosting the Day* at St. Francis of Assisi soup kitchen by presenting a \$100.00 check to Monsignor Ficonolfi. A photo opportunity will be available. For directions to St Francis soup kitchen you may call 342-5556.

On Monday, March the 27th, the NEDA will then visit the St Vincent's Soup Kitchen *Hosting the Day* there and presenting a check for support.

Volunteers will be needed to help staff the St. Vincent's soup kitchen and prepare the noon meal. Volunteers are requested to be there by 9:00 am and assist in all duties until 1 pm. St. Vincent's is located at 39 East Jackson St, 18701-2709. Directions can be obtained through [MapQuest](#) or you can call 829-7796.

Please let me know at jengrab@yahoo.com if I will be seeing you on March 27th.

- **Plan Ahead for Dietetics Day at the Capital!**

Monday, April 3rd

This is truly an exciting event for every dietitian. Colleen McCann, our state lobbyist, will be receiving recognition and an award for her outstanding years of service to the Dietetics profession. Come join the team of advocacy. Meet with your District Representative and Senator.

The event will be held in the Capitol Building in Harrisburg, and will run from 9am until 1:00 pm. Dietitians will be meeting with their Representatives and / or Senators to gain support for Medical Nutrition Therapy for Cardiovascular disease. You may wish to read Senate Bill 478 and House Bill 1154. For further information please visit www.eatrightpa.org. In the left hand column click on the tab for Public Policy &

Advocacy, and on the following page click the link for State Legislation information. You may view the following topics all on one access page:

- ❖ Cardiovascular Disease SB 478 & HB 1154
 - ❖ PKU- HB 979
 - ❖ Who is your State Representative and Senator?
 - ❖ Access a current State bill or law.
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Take a Tour Through the New PADA Website

**By: Ann McKenna MS, RD, LDN
Career Guidance / Job Referral**

Visit the pages of the new PADA website at <http://www.eatrightpa.org/> for information and education. From the home page you may access pages on delegates, districts, meetings, the newsletter, a resource center, public policy and advocacy, scholarships/awards, and a marketplace. Two new pages are notable: *jobs* and *students*.

The jobs page is an online job posting service for employers. Job opportunities must be submitted using an online form. After review, approval, and processing, jobs are posted within 3 business days for a posting fee of \$30 for 30 days. Generally there are 7 to 10 jobs posted.

The students' page is a career information source for students and guidance counselors. It lists state colleges and universities and the degree programs they provide. To learn more from actual nutrition professionals, students are instructed to click on *What do dietitians and dietetic technicians do?* Current profiles include three dietitians with ties to our northeast district, Joe Herman, Chad Edwards, and Ryan Hartz. *Nutrition Professionals "In the News"* and *Pennsylvania Nutrition Professional Authors* spotlight other nutrition professionals. Do not hesitate to recommend the website and student pages to any prospective students.

Take the tour yourself. The website has something for everyone from continuing education announcements to nutrition news to event photos to recipes and all done in an eye-catching, concise format.

Caffeine and hydration

While older studies show that caffeine can have a mild, short-term diuretic effect in individuals who do not normally consume caffeine, more recent studies have shown that this is not the case for people who regularly consume caffeine. As a result, a report on water needs released in 2004 by the Institute of Medicine of the National Academy of Sciences concluded that all beverages, including those with caffeine, contribute to hydration. To see the full report, you can go to <http://www4.nationalacademies.org/news.nsf/isbn/0309091691?OpenDocument>

Clare Stachnik, MS, RD, LDN
Nominations – Chair

- **The Anita Owen Award**

Background information:

Long before the phrase “Out of the Box” was so prevalent, many R.D.s in the North East district were contributing their nutrition expertise to our communities in outstanding programs not directly related to their employment.

The year was 1985, NEDA had been chosen to host the annual PADA meeting. The Board of Directors and meeting chairpersons were deep into plans for the spring event to be held at the newly remodeled Hilton at the Lackawanna Station, May 1986.

In the course of all the planning, committee members suggested that an award be developed specifically for the North East district. Criteria was written during that term and it was decided to name the award after a former northeast dietitian who had already been nationally recognized for her pioneer nutrition accomplishments. Her name is Anita Owen, a Marywood graduate who in 1985 was President of the American Dietetic Association.

We are now accepting nominations for the 2006 award. The criteria have not changed in these 20 years. They are as follows:

1. Member of NEDA
2. Active participation in NEDA and PADA associations.
3. Support to NEDA in exceptional ways.
4. Demonstrated record of leadership and creativity.
5. Contributed nutritional expertise to community and allied health professions, e.g. community service, consultations with allied professions and recognition by related organizations.
6. Promotion of nutrition through oral or written presentations.
7. Demonstrated qualities as effective communicator of nutrition and dietetics.

To nominate a candidate for this award, please contact Clare Stachnik, 842-2536 or clarestach@aol.com for an application. Nominations will be accepted until March 25, 2006

- **Nominations needed**

“ Looking for a Few Dietitians” who possess qualities of leadership and dependability and are willing to serve as officers of the Board of Directors.

It is that time of year when we are asking our members to consider the positions listed below. Consider your own characteristics; consider your future and the experience you will gain serving as an officer in the organization that exists solely for the benefit of dietetic professionals of northeastern Pennsylvania..

Nominations are still open for the following board positions:

President Elect Serves as Pres. Elect from May 2006 through May 2007
Serves as President May 2007 through May 2008.

Nominating Chair Elect: Serves as Chair Elect from May 2006 through May 2007
Serves as Nominating Chair May 2007 through May 2008

To inquire regarding the responsibilities of any of the above positions or to nominate yourself or another member, please contact the Nominations, Chair: Clare Stachnik at 570-842-2536 or clarestach@aol.com Deadline for nominations is March 25, 2006

NEDA sponsored
American Society for Parenteral & Enteral Nutrition (ASPEN)
Audio- Teleseminar
April 6, 2006



This program is a CDR level 2 for 2 CPEUs.

Ethics: Coming up with Answers to Difficult Questions

This timely program will focus on the ethical principles and relevant legal precedents guiding decisions about provision, withholding, or withdrawing artificial nutrition and hydration. Learn from practical clinical scenarios that illustrate roles, responsibilities, and decision-making. Join an experienced panel featuring an ethicist and clinician for a thought-provoking discussion.

Distinguished Faculty:

- *Ethical Principles and Legal Issues*
Cynthia Geppert, MD, PhD, Chief Ethics Consultant, Chief Consultation-Liaison Psychiatry; Veteran's Affairs Health Care System, Albuquerque, New Mexico
- *Application to Nutrition Support Practice* Maria R. Andrews, MS, RD, CHE, CNSD, Chief, Nutrition & Food Service, New Mexico VA Healthcare System, Albuquerque, New Mexico
- *Moderator:* Charles Mueller, PhD, RD, CNSD, Nutrition Research Manager, General Clinical Research Center, Weill Medical College of Cornell University, New York, New York

Location: Allied Services - Rehabilitation Center, Scranton

Time: 4:00 - 5:30 PM

Cost: \$20.00- NEDA member \$30.00 NON NEDA members

Note that this audio teleconference advertised fee is \$45 for ASPEN Members and **\$75 ASPEN** Nonmembers. By you being a member of the NEDA you **have saved \$ 55.00!**

Reservations are required. Contact Maureen Dunne-Touhey at DunneTouhey@marywood.edu or at 348-6211 ext. 2575. You can pay at the door and checks are to be made out to: NEDA

Continuing Education Opportunity

By: Mary R. Ehret, M.S., R.D.,L.D.N.
Professional Development - Chair-elect

New Dietary Guidelines: Impact on Consumers, Industry and Nutrition Programs

A satellite videoconference is scheduled for April 20, 2006 at the Penn State Cooperative Extension office, 16 Luzerne Ave in West Pittston.

Key speakers and objectives of the conference include

- Lisa Mancino, PhD Economic Research Service, USDA, explaining the changes in retail and household food purchases;
- Margo Wootan, D Sc, RD, Director of Nutrition Center for Science in the Public Interest, recommending opportunities for industry/government to support the dietary guidelines,
- Susan Crockett, PhD, RD, FADA, Vice President Senior Technology Officer, Health and Nutrition General Mills, outlining food industry's role in health promotion;
- Cathy Kapica, PhD, RD, Global Director of Nutrition MacDonald's Inc, defining quick serve industry's role in health promotion and
- Stella Nash, RD, MA, Regional Nutrition Director USDA/Food and Nutrition Service, predicting the impact of Dietary Guidelines on Federal Nutrition Programs
 - ✓ 5 CPEU's have been requested

Cost of the program is \$25.00 with a break given for lunch. For more information and a program brochure, call the Extension office at 1-888-825-1707. Program seating is limited.

Information on **Migraines and Food** can be found at:
<http://health.msn.com/centers/headaches/articlepage.aspx?cp-documentid=100123958>

ADA Delegate - Northeast

Marie Y. Kamp, MBA, RD

Update

Outcomes of Fall 2005 Delegate's Meeting

- **The Role of the Dietetics Professional in Supporting a Sustainable Food Supply that Is Healthful and Safe:** A motion approved the appointment of a task force to explore the over 150 ideas from the discussion and to develop a plan addressing the role of ADA members in sustainable food practices. The task force will define sustainability, identify opportunities to educate members, promote partnerships and collaboration on the issue and utilize the applications identified by HOD. Watch for a report from this task force in April 2006.
- **Dietetics Professionals and ADA Organizational Units Relationships with Industry:** A motion was approved for development of guidelines for industry relationships to assist members, affiliates and DPGs. The guidelines will address the risks, benefits and opportunities for industry relationships. The House Leadership Team and ADA staff will prepare the guidelines. The guidelines will be presented in spring 2006 for member input before delegates vote on them.

Update on Education Task Force

- One of the most widely discussed topics in years – possible changes in dietetic education – continues to receive discussion by a growing number of volunteers. The Task Force has submitted an interim report that is available on the ADA website under the Governance tab. The final report is due in April, 2006 at the spring meeting.

CDR Issues

- **Bylaws Amendment.** Since the “fellow” (FADA) certification no longer exists and CDR members felt that younger members were underrepresented, CDR has asked that the ADA Bylaws be amended to read:

2a. Composition, Qualifications and Tenure. The CDR shall have at least eleven (11) voting members: consisting of nine (9) Registered Dietitians, of which, one (1) will be a Board Certified Specialist in Dietetics, and one (1) will be ~~certified as a Fellow of the American Dietetic Association~~ **a newly credentialed Registered Dietitian**, one (1) Dietetic Technician, Registered, and one (1) public member. Except for the **one (1) newly credentialed registered dietitian and the** public member, CDR credentialed practitioners through a national election shall elect all members of the CDR. **The newly credentialed practitioner shall be appointed by the Commission for a one (1) year term.** The public member shall be appointed by CDR for a one-year term and may be re-appointed for consecutive years, not to exceed five (5) years. All other members shall serve ~~alternating~~ **staggered** three (3) year terms.

This motion is widely supported and delegates will have voted on this by the time you read this newsletter.

CDR Wants YOU! . To learn what supervisors of dietetics professionals find of value now and hope to see in the future, CDR is undertaking a nationwide research project to see what supervisors of dietetics professionals find of value now and in the future. CDR desires to solicit the views of a wide variety of supervisors of dietetics professionals (registered and unregistered), in both traditional (hospitals, long term care facilities) and nontraditional settings (health clubs, pharmaceutical companies, marketing/sales firms, sports/fitness clubs, etc.).

Because no definitive listing of dietetics supervisors exists, we need your help in finding them. CDR is asking you to do one of the three:

- 1) Email dietetics supervisors (especially those in nontraditional settings), asking them to complete a web-based survey.
- 2) If you are a supervisor of RDs, DTRs, and/or non-credentialed dietitians, nutritionists, or techs, please fill out the web-based survey yourself:
<http://www.membersurvey.com/cdr/supervisorsurvey.asp>
- 3) Forward this email on to other practitioners you know (registered and unregistered) and ask them to help.

You Asked – ADA Answered

The Issues Management process (www.eatright.org/issues) has been mentioned several times. In this committee's most recent report for a 3 month period, the following summary of member satisfaction for the 494 submitted issues/questions was provided.

Issues Management Statistics:	
Number of issues total: 494	
Number of issues submitted this quarter: 65	
Number of issues addressed this quarter: 60	
Number of issues pending due to discussion by other organizational unit: 11 (5 from this quarter, 6 from previous quarters)	
Satisfaction Survey Data:	
Survey sent to 39 members.	
Not Satisfied *	13%
Satisfied	40%
Very Satisfied	47%
Response Rate: 38% (15/39)	
Due to the way some issues are addressed (email, phone, letter) a survey may not be sent.	
* Note if a "Not Satisfied" response was received the issue is sent back to the Committee for further discussion or the issue is referred back to area/group responsible for issue topic. The Committee acknowledges that not all issues can be addressed to the satisfaction of each member.	

With an 87% satisfaction rate, along with myriads of other services and benefits to ADA members, Ron Moen, ADA CEO recently reported that membership was at its highest level since 1997-1998 – 63,029 members! Please join me in encouraging more non-members to reap the benefits that we share!

Need More Information?

For more information or for answers to ADA-related questions that bug you, contact Marie Y. Kamp, MBA, RD, LDN, myk2@psu.edu

Letters of Thanks

To all who helped to create and to distribute the post-Katrina SOCP:

Words can hardly express how grateful I was to receive this gift. It arrived right before the holidays and was an early Christmas gift, for sure. My husband and I were still living in a hotel here in Phoenix. I had started working at the Arizona State Psychiatric Hospital, a large civil and forensic psych. Interestingly, the packet included a nutrition and food service guide for correctional facilities!

Thanks again to all the people and organizations that had such a wonderful idea as "Starting Over Care Packages." You made my life a little easier during a very difficult time.

Sincerely,
Cara B. Osgood, MPH, LDN, RD, CNSD
Phoenix, AZ

Dear Board Members of NEDA,

My most sincere thanks for your donation of \$100 to the ADA Foundation in recognition of my receipt of the national Medallion Award. To try to express my feelings as a 2005 recipient is not possible, but the kindness of the many persons I have been affiliated with locally, as well as state wide and nationally, will be forever remembered.

My 20+ years as a board member in the Northeast is among those special recollections! Again, my thanks for your remembrance on this "highlight occasion" in my profession.

Sincerely,
Ginny Corcoran

Dear Ms. Kneier,

I am writing to tell you and the Pennsylvania Dietetic Association how much I appreciate the Care Package I received with the office supplies. I did lose a lot of my things in the floods of Hurricane Katrina, including tape and pens, and it is nice to know that there are people who are willing to spend their own money to help out others in need. The office supplies will come in handy at my new job. Thanks for your kindness and your generosity.

Sincerely,
Elaina O. Chabert, MPH, LDN, RD, CDE
New Orleans, LA

Thank you for your contributions to the Katrina SOCP. Sincerely, Leigh Bates

Dear Carol,

What a wonderful surprise to hear from the American Dietetic Association Foundation (ADAF) that the Northeast Dietetic Association made a contribution to the ADAF in my honor because of the 2005 Medallion Award that I received at the FNCE meeting in St. Louis.

I am most appreciative of your thoughtfulness. The Foundation is an exciting and growing part of the ADA so I am doubly pleased with the contribution.

I'll look forward to attending a Northeast Dietetic Association meeting one of these years.

Gratefully yours,
Anita L. Owen

HOT TOPIC



TITLE OF TOPIC: DNA and Diet

CLAIM OF TOPIC: Choosing foods appropriate to our genetic makeup can minimize our risk of disease and maximize the ability to perform at our optimal genetic potential.

DISCUSSION OF TOPIC: Genes contain encoded information that is translated into the proteins that perform the activities essential to life. Each of us has the same set of genes but each gene can have slight variations. These genetic variations can affect the protein encoded in each gene, resulting in:

- slightly different nutrient requirements between individuals;
- different susceptibilities to disease; and
- different influences of environmental factors on our genes and their proteins.

Food is one of many environmental factors that can influence our genes. Matching food choices to our genes makes sense in order to minimize risk of disease and optimize our unique genetic potential. There is not a DNA diet in the way there's a South Beach or Atkins diet. However, there is such a diet in the sense that each of us has foods that match our particular gene variations better than others. How close we come to that ideal affects how well we function. Certain genes interact with bioactive components in the foods we eat. For example, our gene variants may allow us to fully digest most plant proteins, but not wheat protein, or cause us to require a higher than normal level of certain nutrients. Our genes may make us susceptible to inflammatory disorders, but our choice of a diet high in certain food components can decrease that risk. In each case, the right foods in the right amounts for our genes circumvents negative health outcomes.

The study of how genes determine our nutritional requirements and how food components interact with our genes and influence outcomes is called nutritional genomics (nutrigenomics). The technology exists for testing which gene variants we have and, for some diet-related genes, that information can be translated into smart food choices. Considerable research is needed, though, before all of the diet-related genes are identified and matched to appropriate food choices and diets tailored to each individual's particular gene variants can be developed.

BOTTOM LINE: Genetic makeup (genotype) will increasingly direct dietary and other lifestyle interventions. Although the research at present is limited compared to what the coming decades will bring, it's clear that the time is now for dietetics professionals to begin moving in this direction and to build the knowledge base that will be needed for the era ahead.

OPPORTUNITIES FOR DIETETICS PROFESSIONALS: The dietetics profession is a natural foundation upon which to develop expertise as a nutrigenomics practitioner. A wide variety of practitioners will be needed: researchers, food developers, clinicians, educators, lifestyle coaches, sales and marketing professionals, public health practitioners and policy development specialists.

RESOURCES/REFERENCES:

1. Kauwell GPA. Emerging concepts in nutrigenomics: a preview of what is to come. *Nutr Clin Prac.* 2005;20:75-87
2. DeBusk RM, Fogarty CP, Ordovas JM, Kornman KS. Nutritional genomics in practice: where do we begin? *J Am Diet Assoc.* 2005;105:589-599.
3. Stover PJ. Influence of human genetic variation on nutritional requirements. *Am J Clin Nutr.* 2006;83:436S-442S.

Written by Ruth DeBusk, PhD, RD of the Nutrition in Complementary Care dietetic practice group (March 2006).



Attention all NEDA members

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

- Upcoming NEDA board meeting will be April 6th (Thursday) following the ASPEN teleseminar.

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

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