



## MESSAGE FROM THE PRESIDENT

APRIL RUDAT, MS Ed, RD, LDN ([aprilrd82501@comcast.net](mailto:aprilrd82501@comcast.net))



### ***Fall Greetings and Happy Thanksgiving, NEDA Members!***

It has been a busy and exciting time in the NEDA, as our activities have already begun to unfold. Our **wine tasting** on October 25 was simply exquisite with delicious food, fine wine, and wonderful conversation. In fact, many members have requested that this become an annual event since it included the beautiful and simple act of conversation not related to work or dietetics!

Close to 90 of us will also be meeting this Thursday, November 8 for the **NEDA Fall Seminar**. Many thanks to Amy Cartwright, Maureen Dunne-Touhey, and Ann McKenna for making this program happen! Along with cutting-edge, free CPEU, we will also be offering free tickets to all RDs and DTRs in attendance for a FREE ADA MEMBERSHIP RAFFLE. Don't forget to fill out a raffle ticket for this free raffle! The winner will be drawn at the PADA Annual Meeting in May 2008 in Harrisburg. (A big thank you to Stacy Coolbaugh also for compiling all the new membership forms and

for keeping our Excel database up-to-date. Stacy will be emailing this Excel membership file quarterly.)

As you may have also heard, the "**Diabetes Taste-In**" will be on Sunday, November 18 from 12:00 noon - 3:00 pm at Scranton High School. Please share this information with your patients. You can print a "Taste In" flyer on page 3.

You missed a great event if you missed the wine tasting, but you have another chance to get together with friends! Come to the **NEDA Holiday Dinner** on Thursday, December 6 at Carmella's Restaurant in Dunmore! A big thanks to Maureen Krisa-Kurey for planning the dinner! See page 5.

What else is going on in the NEDA? We have a **nominee for our current President-elect position!** You will soon be receiving an email to participate in a survey monkey to vote in Jennifer Grab as our President-elect 2007-2008. Thank you, Jennifer, for stepping up into this leadership role.

In addition, Gretchen Hunt, our NEDA legislative chair, has **compiled all your legislators in this newsletter**. How does this help you? Simply speaking, you now know who your legislators are! With this information, you can easily call or email your legislator about pressing issues related to MNT, nutrition, and hunger. Many thanks to Gretchen for compiling this list! Also, please complete Gretchen's BRIEF survey monkey as per page 6. It only takes 5 minutes!

Last but certainly not least; I would like to thank Marywood dietetic interns **Amanda Henry, Stacey Svadeba, and Nicole Cortese** for putting together this excellent newsletter while our President-elect/Newsletter Editor position remained open! **And of course, a big thank you to the entire NEDA board for your volunteerism and dedication!**

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# NEDA NEWS

## Meet the Interns:

We would like to take this opportunity to thank all who made helped us with the experience of putting together and editing the newsletter! We hope you enjoy it!

### Amanda Henry

**Hometown:** Montrose, PA  
**Education:** B.S. in Biology (Wilkes University)

**Future Plans:** Become a registered dietitian, as well as complete the Masters Program in Nutrition from Marywood University

**Job Interests:** Nutrition research, clinical work with diabetes

**E-mail:**  
AHenry143@gmail.com

### Stacey Svadeba

**Hometown:** Taylor, PA  
**Education:** B.S. Nutrition and Dietetics (West Chester University)

**Future Plans:** Becoming a registered dietitian, along with completion of the Master's degree in Nutrition

**Job Interests:** To receive certification to work with diabetics

**E-mail:**  
SMMS1007@yahoo.com

### Nicole Cortese

**Hometown:** Clarks Summit, PA  
**Education:** B.S. Nutrition and Dietetics (West Chester University)

**Future Plans:** Become a registered dietitian and complete the Master's Degree in Nutrition from Marywood University

**Job Interests:** Nutrition research and development.

**E-mail:**  
nac525@gmail.com

## MEMBERS IN THE NEWS

- NEDA member Geri Otasevic gave birth to a healthy baby boy on October 17, 2007 named Luka James! Congratulations and Best of Luck!
- NEDA member Carrie Race married Matthew Edwards on January 20, 2007... Congratulations!
- What Is YOUR News? Email information about awards, career changes, promotions, newspaper articles, weddings, births, etc. to: [jengrab@yahoo.com](mailto:jengrab@yahoo.com)

## NEDA Board of Directors 2007 - 2008

April Rudat	<b>President</b>
<b>Open</b>	<b>President-elect</b>
Maureen Dunne-Touhey	<b>Past-President / Policy &amp; Procedures / Web</b>
Jennifer Grab	<b>Secretary</b>
Beth Pavon	<b>Treasurer</b>
Mary Babcock	<b>Nominating-Chair</b>
Maureen Krisa-Kurey	<b>Nominating-Chair-elect</b>
Amy Lynn Cartwright	<b>Professional Education-Chair</b>
Marlene Nash	<b>Professional Education-Chair-elect</b>
Gretchen Hunt	<b>Legislation / Licensure Chair</b>
Marianne Cerimele	<b>Public Relations / NNM Chair</b>
Stacy Coolbaugh	<b>Membership Chair</b>
Ann McKenna	<b>Career Guidance / Job Referral / Diversity</b>
Tanya Papura	<b>Nutrition Student Liaison</b>
Roberta Cammer	<b>Historian</b>

**FALL NOTE FROM AN INTERN:** It all goes back to my second grade spelling bee when I lost to my classmate because I misspelled the word 'pumpkin.' Since then, I have always held pumpkins in very low regards. However, upon researching this article, I now find that I must ignore my personal bias to this vegetable. Pumpkin may have hurt me once, but now I learn that it can only help me in the future!

Pumpkins are just one of many vegetables that are down right horrible at hiding their nutritional value. As nutrition professionals, we know exactly what is going on inside that pumpkin just by looking at it. It practically screams beta-carotene at us as we walk past them in the grocery store or farmers market! We know that this is a powerful anti-oxidant that will help improve our overall health and has been shown to fight against some cancers. Along with this it has been linked to be protection against degenerative aspects of aging. Not only that, but pumpkins contain a lot of 'behind the scene action' in the form of vitamins C, K, E and minerals such as magnesium, potassium and iron. And pumpkin is a great source of dietary fiber!

Let us not forget who we owe all the credit to of course, the pumpkin seeds! We can't leave them behind, being that they are an excellent source of protein, iron, phosphorus and zinc. They also contain a high amount of mono and polyunsaturated fats. Pumpkin seeds prove to be an excellent snack that we can eat raw, roasted, shelled or unshelled. They are also easy to get creative with by using a variety of different spices.

So before we write off these upcoming holiday months as an excuse to indulge in high calorie dishes and desserts, we cannot forget to save some room at the table for some healthy and delicious pumpkin dishes that will make everyone in your family smile (unless of course someone has had a recent unfortunate event at a spelling bee). **SEE PUMPKIN RECIPES, PG. 9!**

# 12th ANNUAL DIABETES TASTE-IN



## “A Panel Discussion on Diabetes”

Sunday, November 18<sup>th</sup>, 2007, 1-3 pm  
Scranton High School

- *Panel will include representatives from the Northeast Dietetic Association, the Northeast Association of Diabetes Educators, Diabetes Educators and individuals living with diabetes*
- *Learn how meal planning for your diabetes can be delicious*
- *Meet with medical professionals about managing your diabetes*
- *See the latest in diabetes technology from medical supply vendors*

**Call 570-961-1234 to register**  
**Deadline for reservations is November 8, 2007**

**Sponsored By:**  
**Northeast Dietetic Association & Northeast Association of Diabetes Educators**



# JOIN US FOR THE NEDA HOLIDAY PARTY !

*WHEN: Thursday, December 6, 2007*

*TIME: 5:30 - 8:30 pm*

*WHERE: Carmella's Restaurant  
(Directions follow.)*

*COST: FREE! Cash bar available.*

*RSVP: By Dec. 1 to Maureen Krisa-Kurey via  
email at: [mkkurey@aol.com](mailto:mkkurey@aol.com)  
Or phone: 570-342-8389*

*DIRECTIONS TO CARMELLAS: Go to Dunmore Corners: at the corners, make a right onto Blakely Street and follow all the way to the end passing CVS, Turkey Hill. Come to a Y (there is a big army tank) and go to the left (there is a sign for Carmella's). You'll pass a flower shop on the right then at the stop sign make a right. Turn left right after Ricardo's Market (Mill Street). You'll pass DeNaples Auto parts and Dunmore Health Care Center, then you'll make a right turn and another right turn and you'll be in the parking lot.*

## CONTINUING EDUCATION OPPORTUNITIES

1. NOVEMBER 15-17: Certificate in Training in Adult Weight Management in East Rutherford, NJ. See: [www.cdrnet.org](http://www.cdrnet.org)
2. NOVEMBER 30-DECEMBER 2: Counseling Intensive workshop in Washington DC will offer 9 CPEUs. For full schedule and details see: <http://www.mollykellogg.com/>
3. DECEMBER 13: "Choose your Foods: Exchange Lists for Diabetes" teleseminar from 1- 2:30 pm. See: [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/education13733ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/education13733ENU_HTML.htm)
4. FEBRUARY 4-6: ADA Public Policy Workshop, Renaissance Hotel, Washington DC. Early bird registration fee \$295 before January 4, after \$350. Student rate \$155 before January 4, after \$185. 13 CPE offered. More details see [www.eatright.org/PPW](http://www.eatright.org/PPW).
5. MAY 4-6: PADA Annual Meeting & Exhibition in Harrisburg
6. MAY 16-18: Certificate in Training in Adult Weight Management in Dover, DE. See: [www.cdrnet.org](http://www.cdrnet.org)

## FREE CONTINUING EDUCATION

1. One FREE CPEU will be offered to log on and to learn about the ADA Evidence Based Analysis Library. See : [www.eatright.org/cpd.html](http://www.eatright.org/cpd.html)
2. FREE CPEs will be offered to health care professionals on the web titled: "Breastfeeding Training: The Gold Standard in Infant Nutrition." <http://www.breastfeedingtraining.org>.
3. Two CPEU will be offered for ADA Members for reading the HOD Backgrounder "Health Disparities." See: [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/governance\\_12918\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/governance_12918_ENU_HTML.htm)
4. A Code of Ethics self-study from ADA is available at: [www.eatright.org/pd\\_ethics](http://www.eatright.org/pd_ethics)
5. Earn credits from your ADA Journal EVERY MONTH!
6. Earn CPEs through *Today's Dietitian!* By simply reading each issue and taking an online exam, you can earn 2 credits per month! Visit: [www.todaysdietitian.com](http://www.todaysdietitian.com) for more information!

## CEO DIGEST UPDATES!

*The Phase 2 Practice and Education Task Force ...* Released its final report to the House of Delegates in Philadelphia. The comprehensive and thoughtful report has been posted to:

[www.eatright.org/ada/files/Draft\\_Report\\_FINAL\\_9\\_25\\_07.pdf](http://www.eatright.org/ada/files/Draft_Report_FINAL_9_25_07.pdf).

***Nutrition: It's a Matter of Fact...*** That's the theme for National Nutrition Month<sup>®</sup> 2008, ADA members' annual campaign to promote healthy eating to any audience — co-workers, clients, community, school or church. **New for NNM 2008 is Registered Dietitian Day, to be celebrated March 10.**

Take advantage of this special recognition day to highlight the services and expertise of RDs. For more information and resources for NNM and **Registered Dietitian Day**, visit [www.eatright.org/nnm](http://www.eatright.org/nnm).

### ***PPW 2008 Champion Nutrition ...***

Fantastic developments in licensure laws have occurred recently in a number of states and we need to champion our cause with policy issues that are vital to the continued success of the dietetics profession. ADA's 2008 Public Policy Workshop will be held February 4-6 in Washington, D.C., at the Renaissance Hotel. More information will be posted soon to: [www.eatright.org/ppw](http://www.eatright.org/ppw)

### ***Congratulations to PADA and its Districts for Increasing Their ADA Membership!***

Between March and September, ADA's state affiliates engaged in a friendly competition to recruit and retain members in three categories based on affiliate size. PADA's prize included a \$500 grant and two free ADA memberships for 2008-09. The grant will be used to continue to encourage ADA membership!

## ***Introducing... The new Grassroots Legislative Initiative!***

By Gretchen Hunt, NEDA Legislative and Licensure Chair ([mom23huntboys@yahoo.com](mailto:mom23huntboys@yahoo.com))

Now is your chance to make a difference for our profession and the issues that we, as dietitians, care about. The NEDA and the PADA are teaming up to make Pennsylvania a better place to work & live. PADA's current legislative focus is a statewide standard for health insurance reimbursement for Medical Nutrition Therapy, as provided by an RD. "An ounce of prevention is worth a pound of cure." If Benjamin Franklin knew this, why doesn't our legislature?

So, how can we all influence legislation and make MNT reimbursement a reality? PADA has a plan... With the hard work of our PADA President & Board; the PADA-PAC lobbyist, Dave Tive; and you –the politically active nutrition professionals, we can influence key legislators to introduce & pass a bill that would support this cause. Your involvement is simple! Dave Tive has already identified key legislators through out the state and the PADA President and Legislative Chair will help me keep you all posted on what is happening in Harrisburg and when it is appropriate to contact our legislators on the issue.

### **Here are your step-by-step instructions to becoming involved in PA's Grassroots Legislative Initiative:**

1. Find your last name in the table below & check that your zip code & plus-4 are correct for your *home* address. Your legislators – State House, State Senate and US Representative are listed. The names highlighted in yellow are those identified as key in this legislative process.
2. PLEASE CLICK on this [link](http://www.surveymonkey.com/s.aspx?sm=TI7OS6il_2bZttQlqHY1NQLA_3d_3d) ([http://www.surveymonkey.com/s.aspx?sm=TI7OS6il\\_2bZttQlqHY1NQLA\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=TI7OS6il_2bZttQlqHY1NQLA_3d_3d)) to our legislative survey and join us in becoming an "Active Constituent" (someone willing to contact their legislator(s) on important issues).
3. Always be ready to talk with your legislators, your peers, and the public about the issues you care about!

If you have any questions, please contact Gretchen Hunt, NEDA Legislative Chair, [mom23huntboys@yahoo.com](mailto:mom23huntboys@yahoo.com).

(\* Note: If you have just become a NEDA member within the past month or two, your name may not appear on this list.)

Last Name	State House	State Senate	US Congress	Zip Code	Zip +4
Alfieri	Ken Smith	*Robert J. Mellow	Paul E. Kanjorski	18512	3056
Argento	*Phyllis Mundy	Lisa Baker	Christopher P. Carney	18704	4911
Ashton	*John T. Yudichak	Raphael J. Musto	Paul E. Kanjorski	18706	1337
Babcock	*John T. Yudichak	Raphael J. Musto	Paul E. Kanjorski	18706	9701
Bertsche	Michael Peifer	Lisa Baker	Christopher P. Carney	18431	1625
Borja	Mike Carroll	Raphael J. Musto	Paul E. Kanjorski	18702	7308
Brown	*Tina Pickett	Roger A. Madigan	Christopher P. Carney	18853	9414
Callahan	Matthew E. Baker	Roger A. Madigan	Christopher P. Carney	16947	1407
Cammer	Frank A. Shimkus	*Robert J. Mellow	Christopher P. Carney	18411	9309
Capone				18505	4126
Cartwright	*Todd A. Eachus	*John R. Gordner	Paul E. Kanjorski	18219	0404
Caswell	Edward G. Staback	*Robert J. Mellow	Christopher P. Carney	18436	3717
Cebreck-Grossman	*Phyllis Mundy	Raphael J. Musto	Christopher P. Carney	18704	4320
Cerimele	*Jim Wansacz	*Robert J. Mellow	Paul E. Kanjorski	18707	2019
Cesarini	Edward G. Staback	*Robert J. Mellow	Christopher P. Carney	18403	2124
Cimochowski	Ken Smith	*Robert J. Mellow	Paul E. Kanjorski	18509	2139
Clemente	*Phyllis Mundy	Lisa Baker	Christopher P. Carney	18704	5650
Conrad	*Phyllis Mundy	Lisa Baker	Christopher P. Carney	18644	9335
Coolbaugh	*Eddie Day Pashinski	Raphael J. Musto	Paul E. Kanjorski	18702	2737
Corby	Karen Boback	Lisa Baker	Christopher P. Carney	18657	6225
Costello	Ken Smith	*Robert J. Mellow	Paul E. Kanjorski	18510	1323
Davin	Stephen E. Barrar	Dominic F. Pileggi	Joe Sestak	19342	2390
DiMattio	Ken Smith	*Robert J. Mellow	Christopher P. Carney	18444	5135
Dombloski				18301	
Donnelly	*Sandra J. Major	Lisa Baker	Christopher P. Carney	18419	2208
Dunne-Touhey	Karen Boback	Lisa Baker	Christopher P. Carney	18612	9410
Edwards	*John T. Yudichak	Lisa Baker	Paul E. Kanjorski	18655	1034
Ehret	Karen Boback	Lisa Baker	Christopher P. Carney	18612	8739
Esposito	Craig A. Dally	Patrick M. Browne	Charles W. Dent	18017	8734

Fahey	Ken Smith	*Robert J. Mellow	Paul E. Kanjorski	18510	1308
Folk	*Phyllis Mundy	Lisa Baker	Christopher P. Carney	18644	9404
Freed	*Tina Pickett	Roger A. Madigan	Christopher P. Carney	18850	212
Garnett	Karen Boback	Lisa Baker	Christopher P. Carney	18612	2934
Gatusky	*Eddie Day Pashinski	Raphael J. Musto	Paul E. Kanjorski	18702	2514
Gaul	Frank A. Shimkus	*Robert J. Mellow	Paul E. Kanjorski	18504	1845
Generose	*Todd A. Eachus	Raphael J. Musto	Paul E. Kanjorski		9249
George				18705	
Germain				18509	
Grab	Ken Smith	*Robert J. Mellow	Christopher P. Carney	18424	9320
Grant	Karen Boback	Lisa Baker	Christopher P. Carney	18612	9058
Griggs-Pratt	Michael Peifer	Lisa Baker	Christopher P. Carney		2144
Harrison				18612	
Hatala	Ken Smith	*Robert J. Mellow	Christopher P. Carney	18444	8925
Havenstrite	Ken Smith	*Robert J. Mellow	Christopher P. Carney	18444	4133
Herman	*Phyllis Mundy	Lisa Baker	Christopher P. Carney	18704	5621
Holehan	*Sandra J. Major	Lisa Baker	Christopher P. Carney	18657	1414
Hricko	Frank A. Shimkus	*Robert J. Mellow	Christopher P. Carney	18411	2309
Hunt	*Eddie Day Pashinski	Raphael J. Musto	Paul E. Kanjorski		6545
Iyoob	Edward G. Staback	*Robert J. Mellow	Christopher P. Carney	18434	1119
Jones	Edward G. Staback	*Robert J. Mellow	Paul E. Kanjorski	18519	1425
Joseph	*John T. Yudichak	Lisa Baker	Paul E. Kanjorski	18707	1275
Justice	Karen Boback	Lisa Baker	Christopher P. Carney	18612	1308
Katra	Karen Boback	Lisa Baker	Paul E. Kanjorski	18621	3820
Kevak	*Eddie Day Pashinski	Raphael J. Musto	Paul E. Kanjorski	18705	2305
Kneier	*Sandra J. Major	Lisa Baker	Christopher P. Carney	18453	4566
Kowalczyk	Mike Carroll	*Robert J. Mellow	Paul E. Kanjorski	18641	1348
Kratz	*Phyllis Mundy	Raphael J. Musto	Paul E. Kanjorski	18643	1549
Krisa-Kurey	Ken Smith	*Robert J. Mellow	Paul E. Kanjorski	18509	2418
Ksiazek	Ken Smith	*Robert J. Mellow	Paul E. Kanjorski	18442	2408
Labatch	*Eddie Day Pashinski	Raphael J. Musto	Paul E. Kanjorski	18702	2134
LaBonte	Ken Smith	*Robert J. Mellow	Paul E. Kanjorski	18510	1337
Leventhal	Ken Smith	*Robert J. Mellow	Paul E. Kanjorski	18503	1411
LoDolce				18451	
Mantione	Mike Carroll	Raphael J. Musto	Paul E. Kanjorski	18640	1629
McAndrew	Mike Carroll	*Robert J. Mellow	Paul E. Kanjorski	18641	1604
McClelland	*Tina Pickett	Roger A. Madigan	Christopher P. Carney	18840	9505
McKenna	Ken Smith	*Robert J. Mellow	Paul E. Kanjorski	18509	2014
McNally	*Jim Wansacz	*Robert J. Mellow	Paul E. Kanjorski	18517	9789
Miller	Glen R. Grell	Patricia H. Vance	Todd Russell Platts	17050	2529
Milner				18447	
Montross	Karen Boback	Lisa Baker	Christopher P. Carney	18657	6227
Mordente	*Jim Wansacz	*Robert J. Mellow	Paul E. Kanjorski	18518	2122
Nash	Edward G. Staback	*Robert J. Mellow	Christopher P. Carney	18519	1202

Ocnas	Ken Smith	*Robert J. Mellow	Christopher P. Carney	18444	9629
Otasevic				18512	
Palauskas				18504	
Papura	*John T. Yudichak	Lisa Baker	Paul E. Kanjorski	18707	1805
Pauli	Ken Smith	*Robert J. Mellow	Paul E. Kanjorski	18505	2516
Pavon	*Todd A. Eachus	*John R. Gordner	Paul E. Kanjorski	18222	0117
Pickering	*Phyllis Mundy	Lisa Baker	Christopher P. Carney	18704	5064
Platts	*Sandra J. Major	Lisa Baker	Christopher P. Carney	18657	7120
Pope	*Eddie Day Pashinski	Raphael J. Musto	Paul E. Kanjorski	18702	1619
Prokarym	Edward G. Staback	*Robert J. Mellow	Christopher P. Carney	18407	1556
Ratchford-Demkosky	Frank A. Shimkus	*Robert J. Mellow	Paul E. Kanjorski	18512	3303
Restuccia	Mike Carroll	Raphael J. Musto	Paul E. Kanjorski	18640	2436
Rex	Karen Boback	Lisa Baker	Paul E. Kanjorski	18603	3441
Rinaldi	*Jim Wansacz	*Robert J. Mellow	Paul E. Kanjorski	18518	1755
Rudat	Ken Smith	*Robert J. Mellow	Christopher P. Carney	18444	6034
Ruddy				18510	
Ryczak				18542	
Scott	*Jim Wansacz	*Robert J. Mellow	Paul E. Kanjorski	18517	1826
Scullion	*Phyllis Mundy	Lisa Baker	Christopher P. Carney	18702	3225
Sexton Hamilton	Ken Smith	*Robert J. Mellow	Christopher P. Carney	18444	9269
Seybert				17815	
Siekierka	Frank A. Shimkus	*Robert J. Mellow	Paul E. Kanjorski	18505	3907
Simonsky	Frank A. Shimkus	*Robert J. Mellow	Paul E. Kanjorski	18447	2222
Sprague	*Sandra J. Major	Lisa Baker	Christopher P. Carney	18657	5640
Stasik	Frank A. Shimkus	*Robert J. Mellow	Paul E. Kanjorski	18504	2202
Steier	Edward G. Staback	*Robert J. Mellow	Paul E. Kanjorski	18447	9778
Stefanelli	Ken Smith	*Robert J. Mellow	Paul E. Kanjorski	18512	2505
Stemrich	Karen Boback	Lisa Baker	Paul E. Kanjorski	18660	1659
Svadeba	Frank A. Shimkus	*Robert J. Mellow	Paul E. Kanjorski	18517	1122
Taramelli	Edward G. Staback	*Robert J. Mellow	Paul E. Kanjorski	18434	1601
Toth	*Jim Wansacz	*Robert J. Mellow	Christopher P. Carney	18411	9780
Valentine	*Sandra J. Major	Lisa Baker	Christopher P. Carney	18657	7009
Weiss	*John T. Yudichak	Lisa Baker	Paul E. Kanjorski	18707	1853
Williams	*Jim Wansacz	*Robert J. Mellow	Christopher P. Carney	18411	2409
Wincek	Mike Carroll	Raphael J. Musto	Paul E. Kanjorski	18702	8226
Winter-Bertsch	Sandra J. Major	Roger A. Madigan	Christopher P. Carney	18801	1012
Wolk	*Todd A. Eachus	*John R. Gordner	Paul E. Kanjorski	18222	1502
Wright	Karen Boback	Lisa Baker	Christopher P. Carney	18612	1706

## FROM YOUR ADA DELEGATE

By Rita Johnson, ([Rita.Johnson@iup.edu](mailto:Rita.Johnson@iup.edu), 724-357-3281)

**Health Disparities in the United States:** As one of the two overarching goals of Healthy People 2010, this topic was recommended as one of importance to ADA members. Members can receive CEUs by reading the background report that frames this problem at: <http://www.eatright.org/> (Expires in 1/2008.)

**Process for Increasing ADA Member Dues:** The HOD's responsibility is to monitor and govern our profession and its wants and needs, while the ADA Board of Directors (BOD) is in charge of the business aspect of the association. In light of this, the HOD approved the concept of annual increases in membership dues based upon the inflation rate, but not to exceed 3% per year. There has not been a dues increase for two years, after substantial increases in both 2004 and 2005. The BOD will analyze the need for a dues increase and report to the HOD. See: [http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/governance\\_12919\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/governance_12919_ENU_HTML.htm)

**Report of the Phase 2 Education Task Force:** The full report is at [www.eatright.org/ada/files/Draft\\_Report\\_FINAL\\_9\\_25\\_07.pdf](http://www.eatright.org/ada/files/Draft_Report_FINAL_9_25_07.pdf). The comment period is 10/9- 11/15. Members should read/respond to the report. A final report will be in May 2008 to the HOD.

**Additional Announcements to Benefit Your Career!** Membership in ADA continues to increase and now tops 67,000! Tell your non-member colleagues what they are missing. And logon to You Tube at [www.youtube.com](http://www.youtube.com) and search for online videos featuring RDs!

- Connie Diekman, ADA's President, stated, "Average salaries for registered dietitians have not only gone up in the past five years, they have gone up faster than the rate of inflation in the past two years."
- Would you like to review information about the Nutrition Care Process (NCP)? Login to the member website and click on the "Nutrition Care Process" on the left hand navigation bar.
- Get 1 CPE at the Evidence Analysis Library: [www.eatright.org/cps/rde/xchg/ada/hs.xsl/governance\\_13350\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/governance_13350_ENU_HTML.htm)
- ADA is a member-driven organization. Please contact your delegate with your questions and issues. You may also enter your issue right from the ADA webpage. Just login as a member and click on "Member Issues" on the left side of the screen.

### PUMPKIN RECIPES

#### Spiced Pumpkin Soup

1 tbsp. butter	1 tbsp. fresh lime juice	1 cup onion, chopped	
2 garlic cloves, crushed	3 tablespoons all-purpose flour	1 cup peeled and cubed sweet potato	
1/2 teaspoon curry powder	1/4 tsp. salt	1/4 teaspoon cumin	
2 14 oz. cans low sodium chick broth	1 15 oz. can of pumpkin	1/4 tsp. ground nutmeg	1 cup 1% milk

#### Directions:

Melt butter in large saucepan over medium-high heat. Sauté onion for 3-4 minutes then add flour, curry, cumin and nutmeg and sauté for 1 min. Add sweet potato, salt, chicken broth and pumpkin and bring to a boil. Reduce heat to medium-low and simmer, partially covered for about 20-25 minutes or until sweet potatoes are cooked through and softened. Remove from heat and let stand for 10 minutes to cool. Place half of the pumpkin mixture in a blender and process until smooth. Using a strainer, pour soup back into pan. Repeat with rest of soup. Raise heat to medium then stir in milk and cook for 5 minutes or until soup is heated through. Remove from heat and add lime juice.

#### Pumpkin Dip

3/4 cup (6 ounces) 1/3 less-fat cream cheese	1/2 cup packed brown sugar	1/2 cup canned pumpkin	2 tsp maple syrup
1/2 tsp ground cinnamon	24 apple slices		

#### Directions:

Place the cream cheese, pumpkin and sugar in a medium bowl; beat with a mixer at medium speed until well blended. Add syrup and cinnamon, and beat until smooth. Cover dip and chill 30 minutes. Serve with apples.

Yield: 12 servings (serving size: 2 tablespoons dip and 2 apple slices)

#### Pumpkin Cookies

##### Ingredients:

vegetable cooking spray	2 cups cake flour, sifted	3/4 cup canned pumpkin puree	
1/2 tsp. ground cinnamon	3/4 cup light brown sugar, packed	1/2 tsp. ground ginger	
1/2 cup plain low-fat yogurt	1/4 tsp. ground allspice	2 tablespoons vegetable oil	
1/2 tsp. baking soda	1 teaspoon vanilla extract	1/2 tsp. salt	1 cup golden raisins

#### Directions:

Heat the oven to 350°F. Spray two baking sheets with vegetable cooking spray. In a large bowl whisk together the pumpkin puree, sugar, yogurt, oil and vanilla extract until smooth. In a medium bowl combine the flour, cinnamon, ginger, allspice, baking soda and salt. Stir the dry ingredients into the wet and mix until just blended. Fold in the raisins. Drop the batter by tablespoonfuls onto the baking sheets, leaving 1 1/2 inches between cookies. Bake until lightly golden, about 15 minutes.

*Save the Date!*



## NEDA MEETING & EVENT SCHEDULE

Join us at the following NEDA meetings and events! All members are welcome to attend. (Note: If you have specific concern, please contact April Rudat at: [aprilrd82501@comcast.net](mailto:aprilrd82501@comcast.net) to have your item placed on the agenda.)

<b>NOVEMBER 8, 2007</b>	– NEDA Fall Seminar (* NO NOVEMBER 2007 NEDA MEETING)
<b>DECEMBER 6, 2007</b>	– 5:30 NEDA Holiday Party at Carmella's Restaurant in Dunmore
JANUARY 8, 2008	– 6:00 at Marywood University
FEBRUARY 12, 2008	– 6:00 at the VA Hospital in Wilkes-Barre
<b>MARCH 2008</b>	– NEDA Spring Seminar, Date TBA, (* NO MARCH 2008 NEDA MEETING)
APRIL 15, 2008	– 6:00 at Marywood University
<b>MAY 2008</b>	– NEDA Turnover Dinner, Date/Location TBA

NOTE: \* Marywood meetings will be in the O'Neill Center for Healthy Families, Room 229.  
\*\* VA Meetings will be in the Food Service Dining Room.

- ✓ **NOVEMBER 18, 2007: DIABETES TASTE-IN AT SCRANTON HIGH SCHOOL**
- ✓ **DECEMBER 6, 2007: NEDA HOLIDAY PARTY AT CARMELLAS RESTURANT**
- ✓ **FEBURARY 4-6, 2008: ADA PUBLIC POLICY WORKSHOP IN WASHINGTON, DC**
- ✓ **MAY 4-6, 2008: PADA ANNUAL MEETING & EXIBITION IN HARRISBURG, 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 Jennifer Grab at [jengrab@yahoo.com](mailto:jengrab@yahoo.com).*

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