



**NorthEast Dietetic
Association
Newsletter**

September 2008

MESSAGE FROM THE PRESIDENT

Jennifer Grab, RD LDN (jengrab@yahoo.com)

Connecting with friends over a glass of wine, and great food has blossomed through my hometown's monthly wine tasting club. This October, you are invited to join a new group of friends & dietitians on October 16th for a wine tasting fund raiser at the Quality Inn of Pittston. It's a great thing to connect with someone over wine, a meal, and conversation. Please turn to page 2 for more details.

This coming year there will be many opportunities for joining friends in community events. The first is the Diabetes Taste In, completely supported by local business men, vendors, wound care centers, and diabetic educators in the Lackawanna county. Each year the sponsors change, and the financial support changes. The Taste In provides a free day to the public with a venue focusing on nutrition care. The audience enjoys sampling free appetizers, foods, and non-alcoholic drinks. This year our key-presenter is a chef, and many will take home new insights to cooking for diabetes. Time 1-3pm on Sunday November 23rd located at the Scranton High School. If you wish to volunteer some time for this event please email me: jengrab@yahoo.com



October 16th Wine Tasting Fundraiser

1. Last year we sold 40 tickets for the event. Let's make it 50 or 60 people enjoying a night out this year !!
2. Timing – as food will be served with wine-pairing – to begin at 6pm.
3. Ticket price \$25 per person. This covers the appetizers, and food provided with each course of wine served.
4. The winery will be a surprise.
5. To purchase tickets please call Jennifer Grab @ 842-3628
6. Location is the Quality Inn of Pittston, Located on Highway 315, also very close to an exit-ramp off of Interstate 81.

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NEDA Board of Directors 2008

Jennifer Grab	President
Maureen Krisa-Kurey	President-elect /Nominating Chair
Paula Montross	Secretary
Beth Pavon	Treasurer
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Amy Cartwright Marianne Cerimele/	Public Relations / NNM Co Chair
April Rudat	Membership Chair/ Past president/Policies
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Tanya Papura	Nutrition Student Liaison
Roberta Cammer	Historian
Maureen Dunne Touhey	Web Designer
Justine Weiss	Nominating Chair Elect

Message to Affiliate

How will **nutritional genomics** transform dietetics practice and how do individuals prepare for these evolving opportunities and professional responsibilities?

What will be needed to help RDs/DTRs in all aspects of practice understand and apply the full power of **nutrition informatics** to optimize outcomes and professional success?

The House of Delegates is beginning discussions on these important topics that are effecting the profession of dietetics now and in the near future.

Input from leaders, such as yourself, **and** your organization is **crucial** for the House to make informed decisions on these mega issues.

To learn more about these topics, earn **free** CPEs, and find out next steps read Speaker Message #7 (http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/governance_17906_ENU_HTML.htm). Please forward this message to members of your organization.

10th Annual Chris Clifford Memorial Run/Walk

This year marks the 10th annual Chris Clifford Memorial Run/Walk at Gettysburg College. As many of you know my beloved brother Chris was killed in the spring of 1999. Shortly after Chris' death, a scholarship was established in his memory at Gettysburg College. Over the past 10 years our family and friends have worked hard to build his memorial scholarship to over \$65,000!

To help support Chris' scholarship I have set a goal for myself this year to **run the Philadelphia Half Marathon** on September 21, 2008 in his memory. I would also like to raise money in my brother's honor and donate it to his scholarship fund at Gettysburg College. Therefore, I am asking for your support by donating and spreading the word of this great cause. I chose the half marathon because I have never raced longer than an 8K, and I believe this represents the type of challenge to which Chris would aspire. If I have half the determination and Chris' courage I will finish this race and honor his memory!

Please visit my website for further information and to DONATE online or you can print a donation form.

www.AmyCRD.com

Just what is this thing we call PADAPAC and why does it need your help?

By: Heather Rae Mangieri, MS, RD, LDN, PADAPAC Chairperson

As I begin my new role as the PADAPAC chairperson, I am discovering that many of our members are unaware of what the PAC is, how it works and why it is important. So, I decided that I would use this opportunity to try to make it more clear just why PADAPAC exists and why it is so imperative to our profession.

Technically, a political action committee (PAC) allows individuals to pool their money to support legislators who share their interests. In the case of PADA, the interest is food and nutrition issues. Whether it is a nutrition interest or a legislative issue that surrounds nutrition, it is in our best interest to have legislators that support and believe in our profession and in our message get elected.

As I talk with different members about the PAC a common misunderstanding exists. Many members seem to think that they are “buying” a legislator’s vote if they donate to the PAC. Although that is wrong, it makes sense that one might think this way unless you really understand the way it works. I thought I might give a personal example, one that takes dietetics out of the equation, to help clarify what a PAC does.

As some of you may know, I have a son with autism. As a parent, I have a very strong desire to have a legislator elected that supports autism research and insurance coverage for autism. When I hear a legislator discussing the need for insurance companies to cover autism related services, I think, “I want to hear more about this representative!” The reality is, without money for advertising, that legislator’s stand on the issue may not have been heard which in turn may have resulted in me not voting for him. That in turn may result in the lawmaker who feels so strongly about autism coverage, an issue very important to me, not getting elected. The bottom line is money was collected and donated on behalf of that legislator so that his word could be heard and those with similar beliefs could vote. That money that I am referring to came from a PAC. Who’s PAC?? It could have been any number of PAC’s that donated on behalf of autism insurance coverage. It could have been an occupational therapy or speech therapy PAC that works with kids with autism. It could have been a PAC started by an autism support group. It may have been a PAC from the behavioral therapist group. Maybe all of these groups donated from their PAC money and that is how the word got so big on autism awareness! Political action committees are formed by people, donations are collected and when issues come up, the PAC is available to make contributions.

The bottom line is that we won. In July a law was passed mandating insurance coverage for children with autism.

Now, back to Nutrition! Having an active PAC serves a number of purposes, all of which benefit Dietitians and the people that rely on their services. Some of these purposes are:

- making legislators more aware of PADA, its members, and the issues that we find important.
- increasing our visibility and the services and education that we provide
- showing that PADA has “come of age” in a political sense and is now ready and able to fully participate in the political and legislative processes.
- demonstrating that PADA understands that government is a two-way process and that if we need to have legislators in positions to support us on our issues we also need to be willing to do what we can to help them get elected to those positions.

PADAPAC chooses very carefully who we donate to. We are careful to choose legislators who have supported our interests and our legislative issues and legislators in significant leadership positions.

PADA is in need of being heard, noticed and taken seriously! We are currently in the process of putting together the 20/20 campaign to raise money to make this happen. Stay tuned to your email for more information. Please, donate to PADAPAC and help us get our voice heard that we are the most appropriate healthcare professional to provide nutrition services and that we should get insurance reimbursement for providing the services we provide.

Send your check today to:

PADAPAC

96 Northwoods Blvd., Ste. B2 Columbus, Ohio 43235

NEDA MEMBERS IN THE NEWS

Amy Cartwright MS RD LDN



About Amy

I am a registered and licensed dietitian with 9 years experience in nutrition counseling with 7 of those years specializing in Bariatric Surgery education. In addition to providing individual counseling, I am a deeply committed support group leader for the North East Bariatric Center in Hazleton, Pa. Through one on one counseling and group support sessions, I strive to keep my patients well informed about the newest bariatric nutrition information. For the past seven years I have been in private practice specializing in areas such as adult and adolescent weight management, bariatric nutrition, diabetes management, heart disease, and sports nutrition.

In addition to my private practice, I enjoy volunteering within my community to help educate the public on the benefits of healthy living. To carry out my commitment to the area, I serve on the Board of Directors for the Hazleton Area YMCA. I have also served on the Health and Wellness committee for the Hazleton Area High School in support of youth fitness and nutrition program.

For my undergraduate studies I attended Marywood University and completed my Bachelor of Science degree in Nutrition and Dietetics. In 2007 I earned my Masters degree in Human Nutrition at University of Bridgeport.

I am a member of the American Dietetic Association, Pennsylvania Dietetic Association, North East Pennsylvania Dietetic Association and American Society for Bariatric Surgery. In addition, I teach health and nutrition classes at Luzerne Community College.

Fun Facts About Me

- I have 2 children, ages 4 and 3
- I love to vacation in the Outer Banks of NC
- My favorite sports to watch are PSU football and scholastic wrestling
- I love taking walks and feeding the ducks with my children
- My favorite shows are Grey's Anatomy, The Hills, and American Idol
- Awarded 2008 Young Entrepreneur of the Year for Luzerne County

Amy was featured in the Times Leader July 8, 2008

CONTINUING EDUCATION OPPORTUNITIES

1. OCTOBER 25-28, 2008: ADA's Food and Nutrition Conference and Expo.
2. NOVEMBER 13, 2008: NEDA FALL SEMINAR
3. FEBRUARY 8-10, 2009: ADA Public Policy Workshop.
4. APRIL 23-24, 2009: PADA Annual Meeting & Exhibition in Valley Forge.

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
2. A Code of Ethics self-study from ADA is available at: www.eatright.org/pd_ethics
3. Earn credits from your ADA Journal EVERY MONTH!
4. 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 for more information!



MORE CEU's

You asked for individual member pricing on teleseminars and webinars... Now you've got it. Active ADA members can now order the online audio and handout archive or the CD recording of any past teleseminar for just \$49. Future teleseminar audio recordings will be available at the new individual rate two weeks after the live event. (The non-member individual price is \$69.) The online recording or CD-ROM will include a post-event questionnaire which you may send in for CPE credit.

To order, or for more information go to: www.eatright.org/cpd and click on audio recordings.

Register Now for These Upcoming Teleseminars/Webinars:

September 23 — Helping Families Master the Gluten-free Diet for Kids with Celiac Disease

Mary K Sharrett, MS, RD, CNSD; Julie Metos, MPH, RD, CD

Level 2, LNCs: 4040, 4150, 5070, 5110, 5220, 6020

Register by September 12 for the early bird rate: www.eatright.org/pd-celiacdisease

October 7 and November 6 (2-part Webinar) — Nutrition Care Process: Assessment

Melinda Zook-Weaver, MS, RD; Joanne M. Spahn, MS, RD, FADA

November 19 — *Urban Legends of Wound Healing*

M. Patricia (Trisha) Fuhrman, MS, RD, FADA, CNSD; Evelyn M. Phillips, MS, RD

Level 2, LNCs: 5380, 2090, 2070, 5000, 5050, 5040

Register by November 10 for the early bird rate: www.eatright.org/pd-woundhealing

1. [Challenging Geriatric Behaviors www.pesihealthcare.com](http://www.pesihealthcare.com)
Wednesday, October 22, 2008 in **WILKES-BARRE, PA** **\$169**
*** Advance Registration prices available until 10/2/2008 ***
2. [Medical Nutrition Therapy: Nutrition Practice Guidelines for Diabetes, Hypertension and Lipid Disorders](#)
Tuesday, November 04, 2008 in **ALLENTOWN, PA** **\$169**
*** Advance Registration prices available until 10/15/2008 ***
3. [The Ultimate One-Day Diabetes Course](#)
Monday, November 17, 2008 in **WILKES-BARRE, PA** **\$169**
*** Advance Registration prices available until 10/28/2008 ***
4. 9th Annual Diabetes Symposium: SAVE THE DATE Saturday, December 6, 2008,
[The Hotel Hershey, Hershey PA](#)

State Legislative News as shared by Dave Tive, Lobbyist.

Senator Corman introduced the senate bill #1426 amending the Blue Shield Highmark law to do three things. First, it deletes the long list of itemized health care professions that are to be included as “health service doctors”. Highmark has always said they cannot reimburse for service of professionals not included in that list. In place of the list, the bill would recognize any “health care professional duly licensed or certified under a statute of this Commonwealth” as being a health service doctor. This would include dietitians among many others.

Second, the bill redefines “professional health services” by deleting the long list of itemized services currently in law. These are the services that Highmark currently has to reimburse for. In place of that, the bill defines the term as “professional services provided by a duly licensed health services doctor, provided that such services are medically necessary.”

The third change is at the end of the bill where current law requires Highmark to admit into its plan any “health service doctor” who wishes to participate. New language is added at the end of that section to make it clear that the bill is not mandating coverage for any new services and that Highmark will continue to have, as it does now, the right to decline which “classes or kinds” of services it will cover.

In essence, this bill does exactly what we want it to. Dietitians will be allowed to apply for admission to the Highmark plans, and Highmark will have to take them. Dietetic services for patients that are currently being provided by physicians, nurses, and others, and which are being reimbursed by Highmark, could now be provided by dietitians and reimbursed.

Senator Corman’s impetus for introducing the bill was all the different professions that have been coming to the legislature and asking to be admitted under Highmark’s law. He just decided to take care of everybody at once, as long as they are licensed. I am told by his staff that he has spoken to Highmark, which will not oppose the bill as long as the third section is in there making it clear that they will not be mandated to cover any new services as a result of this legislation. Since our draft bill didn’t add any new service mandates either, that doesn’t seem to be a problem for us.



Meet Senator Jake Corman, of Centre, Mifflin, and Perry Counties.

To all American Dietetic Association members:

Seven years after passing legislation to make Registered Dietitians Medicare providers of Medical Nutrition Therapy, Congress has sent the President a proposal which should allow for a major expansion of the benefit. Originally Congress limited MNT only to beneficiaries with diabetes and renal diseases.

The bill passed by the Senate Wednesday, July 9, and earlier by the House of Representatives contains language that should allow MNT to be expanded to cover therapy considered reasonable and necessary for the prevention of an illness or disability.

The Medicare bill was considered one of Congress' "must pass" pieces of legislation because it overrides a scheduled reduction in physician reimbursement rates of 10.6 percent set to go into effect July 1. Virtually no member of Congress supported reducing reimbursement rates; however, there has been considerable disagreement over how to pay for preventing the reductions.

Last August, the House of Representatives passed a bill that not only dealt with the reimbursement issue, but contained a title expanding preventive services covered by Medicare. That title contained a list of preventive services to be covered which specifically included MNT.

According to ADA President Martin Yadrick, MS, MBA, RD, FADA, inclusion of MNT as a preventive service was the direct result of years of work by ADA members to expand MNT coverage.

Yadrick said that according to the United States Preventive Services Task Force, there is strong evidence that proper nutrition intervention can help prevent hyperlipidemia, high blood pressure, obesity, and diabetes. "Covering nutrition therapy for Medicare beneficiaries with diabetes while not covering beneficiaries diagnosed as pre-diabetic is counter to everything we know about saving lives and saving money." The Centers for Disease Control now estimates that 57 million people are pre-diabetic.

The Medicare bill sent to the President does not contain a list of specific preventive services to be covered. Instead, the bill establishes a procedure by which new services will be considered and evaluated. To be covered, preventive services must be proven to be necessary and reasonable and receive a recommendation from the United States Preventive Services Task Force. Yadrick said that expanding MNT to conditions such as pre-diabetes should be approved by Medicare relatively quickly since the evidence is so strong that proper nutrition intervention can prevent the progression of the disease. He indicated that other conditions recommended by the USPSTF also would be evaluated by ADA and submitted to Medicare for consideration.

"Approval of new preventive services is a major achievement and helps make Medicare more responsive to the patient's needs. MNT is an example of one critically important service to patients that heretofore prevented Medicare from being a comprehensive health care delivery system." Yadrick said "Expanding Medicare coverage of MNT has been a high priority of ADA and its members for years.

"ADA members have made hundreds of visits to Capitol Hill, written thousands of letters, and lobbied nearly every member of Congress over the last few years trying to convince them that nutrition therapy could was an

essential element of any comprehensive health care plan. While more work needs to be done to ensure Medicare correctly interprets the intent of Congress to cover expanded MNT services, passage of the Medicare bill still represents a major step forward in providing seniors on Medicare access to critical services that can improve their lives."

SAVE THE DATE FOR THE NEDA ANNUAL FALL SEMINAR

NOVEMBER 13, 2008
AT

THE QUALITY INN ,PITTSTON

6 CEU'S

- Cost, ~ \$20.00 pp
 - Includes coffee & danish
 - Lunch
- Speakers:
 - Dave Tive (1hr),
 - {9-10am}
 - April Rudat (1hr), Free lancing and writing
 - {10:15-11:15am}
 - Amy Carwright (1hr), Bariatric Nutrition
 - {11:30-12:30}
 - Joan Grossman (1hr), Sports Nutrition
 - {1:30-2:30}
 - Lee Reinhart (2hr), "Going Green"
 - {2:45-4:45}
- Registration 8-9am
- Lunch 12:30-1:30
 - \$40 if joined NEDA post 6/1/08
 - \$70 Non NEDA members, ADA members
 - \$85 Non ADA members

Certificates will be handed out when the evaluations are turned in at the end of the seminar

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 Jennifer Grab jengrab@yahoo.com to place have an item placed on the agenda.)

Oct 8th	6:00pm Marywood University
Oct 16th	Wine tasting event/fundraiser
Nov. -	No board meeting - Fall Time Seminar
Dec. 10th	Wilkes-Barre
Jan. 14 th	Marywood University
Feb. 11 th	Wilkes-Barre
March 11 th	Marywood University
April 8 th	Wilkes-Barre
May	Turnover dinner for elected offices.

- 3 NOVEMBER 13, 2008: NEDA FALL SEMINAR
- 3 NOVEMBER 23, 2008: DIABETES TASTE-IN AT SCRANTON HIGH SCHOOL
- 3 DECEMBER ____, 2008: NEDA HOLIDAY PARTY AT CARMELLAS RESTURANT
- 3 FEBURARY 4-6, 2008: ADA PUBLIC POLICY WORKSHOP IN WASHINGTON, DC
- 3 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 Maureen Krisa-Kurey @aol.com