



MESSAGE FROM THE PRESIDENT

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

NorthEast Dietetic Association Newsletter

November 2008

The member benefit event on October 16th – the wine tasting at the Quality Inn was greatly enjoyed by all. Our host of the evening was John Cartegna, the owner of the Cartegna's Family winery. John presented eight different wines paired with a variety of appetizers. The end of the evening John Cartegna offered everyone a choice of either a sweet raspberry wine to match the dark chocolate truffle, or the cabernet. April Rudat received bottles of wine as a donation for the upcoming raffle to benefit PADA- Political Action Campaign. The gift basket, and a variety of 5 other baskets will be available as prizes at the November 13th Seminar. The raffle tickets are sold as one ticket for \$2, and 3 tickets for \$5, so bring your cash for a chance to win one of the gift baskets and support PADA-PAC.

Quick news, the 5 districts of PADA are now in a competition with fundraisers to see which district can raise more money to support PADA-PAC.

Join us for the Holiday party on Thursday December 11th, starting at 6pm, at Carmella's restaurant. For directions and a map please view them online, at www.eatrightneda.org. This is a member benefit, and appreciation for our

members, also a free event. You must RSVP with Maureen

Krisa-Kurey, by email: mkkurey@aol.com by

12/08/08.

Private Practice Project

By April Rudat, MS Ed, RD, LDN

(aprilrd82501@comcast.net)

Membership Chair/Past-President/Policy & Procedures Chair

Have you ever thought about going into private practice? I have recently begun this endeavor, and I thought I would simplify the process by not accepting insurance, a "cash only" policy. But in this current desperate economy, I now realize that the extra cash of our clients is needed for basic necessities like food and rent, which would not allow for perceived "extras" like a visit with a dietitian. We are important and our services are of great value; however, I decided that I must accept insurance to allow clients the opportunity to see me under their health insurance plan.

About a year ago, I called some insurance companies, asking how I might become a provider in their network, asking if they even cover visits with an RD, and asking with whom I may speak in regard to coverage in general. An unsuccessful phone call to one insurance company alone stole a whole afternoon away from me, so I decided to try a new approach. As you may have seen, I have asked Pennsylvania dietitians in private practice for some help: I have been compiling a list of all insurances in Pennsylvania that cover nutrition counseling with an RD so that I might share it with others beginning this venture.

I am hoping to hear from all PA private practice RDs who do accept insurance. If you have not responded to me already, could you please answer my three brief questions below via email to: aprilrd82501@comcast.net?

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NEDA Board of Directors 2008

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New Member:

Hello, my name is Kimberly Horensky and I am a graduate student studying Nutrition at Marywood University. I also just started my first semester in the Coordinated Program, which will allow me to complete my dietetic internship as well as become RD eligible in two years. The program is similar to other fast track programs (such as in pharmacy schools) that set you up with all of your internships without having to applying individually for all of them. I prepared for two years before applying to the program...it was difficult and stressful at times but ultimately worth it!

I come to this profession and my studies with a strange background...I am actually a trained pastry chef. I received a bachelor degree in Pastry Arts Science and Food Production Management from the Restaurant School at Walnut Hill College in January of 2004. After building up quite a resume working in amazing kitchens during my years in Philadelphia I walked away from the hustle and bustle of big city restaurants for...Montana.

I started dating my husband during my last year in college. He was a self-described "small town" boy from Drums, PA. Immediately when we started dating he warned me he would be moving to Montana the following fall to pursue a degree in wildlife biology at the University of Montana and nothing, not even some girl, was going to change his mind. Well, I really loved the kid, so 27 days after graduating college I headed off to live in Montana. My parents, friends and colleagues thought I was crazy. All we had was a U-Haul full of clothes, no couch or bed, and five boxes of chef whites and equipment. I had found a job (on-line) at a little pastry shop called Cafe Dolce with two phone interviews. I was scared silly.

The job turned out to be wonderful...if the "head chef" had not been an ex-waiter who had no idea what he was doing. He ran the place into the ground. I luckily got out before it was too late. However, I had no job prospects in sight that would pay me more than \$8 an hour. I found a small ad in the local paper for a diet aide at the local hospital. I applied with human resources the next day having no idea that this would be the job that would lead me to where I am today.

I got the job and found out that I would, in essence, be a secretary/admissions/dept. manager. It was an amazing job! I got to work closely with the dietitians on counseling new admits and patient liaison responsibilities. In addition, on weekends, I was dept. manager, although I always had an RD on-call for diet issues. I learned how to put my front and back of the house skills to use and found my true passion--dietetics. I worked at the hospital for two years before applying to Marywood University for my master's degree. Once I got accepted, I enrolled at the University of Montana to take anatomy and physiology, microbiology, chemistry and organic chemistry (pastry chefs, unfortunately, do not have to take any of those courses!) We moved back to Pennsylvania in August of 2007.

Since moving back I have completed 27 (of 32) graduate credits, worked full time as a pharmacy technician, planned a wedding, moved twice and got married! Moving back to the East and going back to school have been huge adjustments. However, the dietetic community has been so helpful and encouraging in my journey thus far. I joined NEDA after having the honor/pleasure of having April Rudat as a professor. Just knowing that I can join the leagues of dietetic professionals such as April is so exciting. I look forward to helping and volunteering as much as I can for NEDA and the difficult and exciting path that lies ahead.

Thank you for this opportunity! Please contact me if you have any questions or concerns.

Best, Kimberly Horensky

DIETITIAN IN THE NEWS

Dunmore dietitian fed minds and bodies of WWII soldiers

BY JOSH MCAULIFFE
STAFF WRITER

Published: Sunday, July 06, 2008

Of all the stories she's ever read about World War II veterans, Carmela Sarry can't recall one that dealt with the exploits of a female member of the Armed Forces.

"I used to get very disturbed by that," she said.

Now, she can say she's read one. This story's about a female World War II vet — her.

The 85-year-old Dunmore resident spent 2-1/2 years as an Army Nurse Corps dietitian in North Africa and Italy during the war. Though not engaged in combat, she and her fellow servicewomen — most of them nurses — were an indispensable part of the Allied war effort.

"I feel good about it," Ms. Sarry said.

Ms. Sarry's war story begins at Marywood College, where she earned a degree in food and nutrition. Upon graduating, she headed to a New York City hospital for a one-year internship. The day the internship ended, Ms. Sarry walked out of the hospital and saw the sign for an Army recruiting station. On it was a picture of Uncle Sam saying, "I want you."

"And that just did it," Ms. Sarry said. "I thought, 'I could help.'"

Then she had to go and tell her parents, the late Anthony and Elvira Gregory Sarry, that she wouldn't be coming home to enter the workforce.

"My mom was very upset about it. ... When I told her I enlisted in the service — oi," said Ms. Sarry, who came into the service as a second lieutenant (she was eventually elevated to first lieutenant). "My father said, 'Don't let her carry on like that. I'm very proud of you.'"

No phone calls

In August of 1943, she arrived at Camp Shenango in Pittsburgh for training. Six weeks later, she was sent to Camp Patrick Henry in Hampton, Va. When she arrived there, she asked where the nearest phone was so she could call her mom.

“No phones. This is the embarkation point,” she was told.

Next thing she knew, she was aboard the Queen Mary headed for Morocco, where she would join the 5th Army, whose command ranks included Gen. George S. Patton who led its armored corps. On the ship were more than 6,000 officers and enlisted men and 13 females. As a safety precaution, she and her friends were often escorted around the ship by a group of MPs.

Following brief training in Casablanca, she was sent to work at the 5th Army’s 103rd Station Hospital in Rabat, Morocco, known as “Tent Hospital Row.” She would spend the next three months living in four-person tents in stifling desert heat.

“It was all dirt,” Ms. Sarry said, noting she and the others were given a helmet full of water every two days. “We were in the wilds.”

The women’s showers had no roofs, so mischievous reconnaissance pilots had a habit of flying overhead to sneak a peek. Most of the ladies would shriek in horror, but not Ms. Sarry. “I’d say, ‘Please stop yelling and screaming. Put your head down. We all look alike.’”

In charge of the base’s entire food operation, Ms. Sarry would often take off in a military truck to pick up provisions, which earned her a tongue lashing from superiors any time she was caught. For the most part, she provided the soldiers with C-rations like powdered milk and eggs, vegetables bought fresh from local markets and that most infamous of canned meats.

“We had SPAM aplenty,” Ms. Sarry said. “The coffee urn was going all the time. Just like you see on ‘M*A*S*H.’”

Working under Ms. Sarry was a large contingent of mess sergeants, cooks and German POWs, including one who got in her face one time and shouted, “Heil, Hitler!” She promptly assigned him to onion-peeling duty.

“A young whippersnapper,” she said. “When he did that, I said, ‘That’s all I need.’”

Survived bombing

On Christmas Eve 1943, she left Africa for Naples, Italy, where for six months she and her cohorts endured horrifying nighttime air raids that would “rile the hell” out of her. One night, the front of the apartment she was staying in was hit, killing several Italians living there. Luckily, she and the other women she lived with were in the back of the building.

“It was a sin. It was a sin. I said to the girls, ‘Do you know how lucky we are?’” she said.

Then it was off to Rome, where Ms. Sarry worked at the 700-bed 12th General Hospital. There,

she befriended a group of nuns who did the hospital's laundry. The nuns only received one daily meal of bread, cheese and fruit, so Ms. Sarry took to sneaking them food.

“Didn't I get caught. I almost got thrown out of the service,” Ms. Sarry said. “It just riled me.”

Not everything was bad. She spent a glorious 10 days leave time — the only R&R in her entire deployment — in Switzerland. Her nights, meanwhile, were often spent singing in the officers' club. She also dated a couple of officers, including one who became her fiance. Tragically, he was killed in a car accident in his native Ohio just after the war.

After eight months in Rome, she was transferred to the 63rd Station Hospital in the Tuscan city of Livorno (or Leghorn, as it is known in English). With little to do in her official capacities, Ms. Sarry spent most of her time sterilizing instruments in the autoclave room.

Her final transfer was to the 38th Evac Hospital, which was only about 30 miles from the front lines. She often worked 48- to 72-hour shifts attending to the wounded soldiers coming through in caravans of 30 to 60 ambulances at all times. It was here that she fully came to appreciate the saying, “War is hell.”

Months later, the Allies declared victory in Europe, but Ms. Sarry's duties weren't quite through. She and the others stationed at the 38th Evac spent months breaking down the hospital and preparing the wounded for the trip home. Before going back to Naples to board the aircraft carrier USS Randolph, she got a firsthand look at a most indelible sight — slain Italian dictator Benito Mussolini and his mistress “hanging by their ankles” in the northern Italian city of Milan.

After the war, Ms. Sarry continued to assist her fellow soldiers in her longtime job as chief dietitian at the Department of Veterans Affairs Medical Center in Plains Township. The highest paid female at the hospital, she oversaw a staff of 85.

“It was nice. It was a big job,” she said.

Outside of work, she kept plenty busy. An avid bowler, she served as president of the Scranton Women's Bowling Association from 1960 to 1985, and director of the Pennsylvania State Women's Bowling Association from 1971 to 1986, a position that required her to travel to tournaments all over the country. Her service earned her induction into the Chic Feldman Sports Hall of Fame in 1979. In addition to that, she was a longtime member of the Dunmore Planning Commission.

Now in need of a walker to get around, Ms. Sarry has slowed down significantly in recent years. And yet, she's still able to drive and go to the occasional bingo game.

“It's not too bad at this age. But it's bad enough,” she said, motioning toward the vast

assemblage of medications on her kitchen counter.

Her military service, however, she “never felt bad about.”

“It was fun sometimes, and sometimes it was very sad,” she said. “But you live through it and come home and talk about it.”

Contact the writer: jmcauliffe@timeshamrock.com
more about Carmela Sarry

Age: 85

Residence: Dunmore

Family: Daughter of the late Anthony and Elvira Gregory Sarry. She had a brother, Louis, and a sister, Johanna, both deceased.

Education: Graduate of Dunmore High School. Bachelor’s degree in food and nutrition from Marywood College.

WINE TASTING PHOTOS





Must R.S.V.P. by Friday 7th

NEDA ANNUAL FALL SEMINAR

NOVEMBER 13, 2008 @ QUALITY INN, PITTSTON

PLEASE PRINT YOUR Powerpoint slides/Handouts

Available at www.eatrightneda.org

- Payable to: **NEDA**
- Mail registration & payment to:
- Marlene O. Nash
- 1006 Carmalt St.
- Dickson City, PA 18519



The HIDDEN HUNGRY- a learning experience at Meals on Wheels
By: Jennifer Grab, RD, LDN

While visiting with Linda Steier, what struck me the hardest is the sheer volume of meals delivered daily, totaling 850. There is certainly a great need for this service to the elderly who are aged 60 years plus, and living on a fixed income. The hidden hungry elderly continue to live in their homes, or apartments, and really need Meals on Wheels.

A standard meal encompasses more than what the average family plans for a nutritionally balanced meal. Meals on Wheels provide an excellent meal with a serving of vegetables, meat, potato, slice of bread/butter, carton of milk, plus dessert. However, as we all have experienced in our own budgets, the price of food continues to rise, and fuel cost is astronomical. Now consider the cost to Meals on Wheels for purchasing this food, and delivering to more than 700 homes all over Lackawanna County. The cost has increased dramatically, when including the food cost, the utilities to operate the center for Meals on Wheels. This is where our district members should be proud of themselves for their donations each year, in addition to their NEDA membership. The NEDA board of directors represented by Jennifer Grab, RD, LDN and Maureen Dunne-Touhey, MS, RD, LDN presented a check for \$365 to Meals on Wheels, on October 2nd, 2008. The board voted, and donated \$300 in addition to the district member's contributions of \$65. Next year, after the membership forms are turned in, we hope we can continue our generosity to this program serving the "Hidden Hungry". Linda Steier RD, LDN is the Meals on Wheels professional, whom agreed to this interview by Jennifer Grab.

Diabetes Taste-In



Northeast Dietetic Association and Northeast Association of Diabetic Educators are sponsoring the 14th annual Diabetes Taste-In at Scranton High School Nov. 23 from 1 to 3 p.m. Reservations are recommended and can be made by calling FIRST at 961-1234. Committee members from left are, Joanne Ryczak, Mickalena Rullis, Marissa Ragnacci, Kevin Rindock, Amy Cartwright, Heather Kovaleski and Marie Ratchford-Demkosky.

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.)

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|------------------------|---|
| Nov. 13th - | No board meeting - Fall Time Seminar |
| Dec. 11th | Christmas Party @ Carmella's Restaurant!!! |
| 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. |

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