



Pennsylvania
Dietetic Association

an affiliate of the
eat right. American Dietetic Association

Quarterly News

Pennsylvania Dietetic Association

President's Message

Linda S. Crawshaw, PhD, RD, LDN



If at First You Don't Succeed, Dive Back In. That statement is from the book "From the Heart, Seven Rules to Live By," written by Robin Roberts, co-anchor of Good Morning America and former host on ESPN. The premise of this statement is that you have to be persistent while attempting to reach your career goals. Most of us have aspirations but not everyone understands that you may have to endure sacrifices and maintain stamina in order to reach your goal. Every action taken along the way brings you one step closer to your goal. There may be rejections but they too can make you stronger. (I have so many rejection letters I could paper a house!)

Roberts states in her book that life isn't always about rejection and that her ability to pursue her dreams depended in large part on the willingness of others to hold the door open for her and let her walk through. She had to ask for help and seek mentors. Determination alone was not enough. She thinks about the people who have helped her and she has tried to do the same for young people on their way up.

There was a time when Robin forgot this principle. In the early 1990's Roberts gave the commencement speech at the University of Southern Mississippi. Her mother was in the audience. During the speech, Roberts talked about the things she had done, what she had learned, how she had coped with adversity and the importance of following your passion.

After the speech her mother was very quiet. Robin asked her mother if there was something wrong. Her mother answered, "Do you know how many people have helped you? When you were standing up there, it wasn't just you. It was your teachers, your coaches, your mentors, and so many others."

Roberts listened and felt ashamed. Why hadn't she acknowledged them? It wasn't just the speech; she had not acknowledged the debt of gratitude she owed to others. We need one another! Most successful people have been helped by the generosity and sacrifice of others. Isn't it refreshing to be welcomed and helped by colleagues who are not threatened by a new face?

It is so important to acknowledge others! It is equally important to turn and extend a hand to those who are attempting to make their way just as you did. This continues the legacy of generosity. Take time to reflect on those who have made a difference in your life and let them know how their actions helped you.

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RDs/DTRs in the News

Rosanne Rust, MS, RD, LDN authored a new book: *The Calorie Counter for Dummies*. This compact guide provides vital information on the nutritional and caloric value of the foods that you eat everyday – from home, the supermarket, and restaurants.

The Calorie Counter for Dummies, \$7.99, John Wiley & Sons, Inc. Dec. 2009

ISBN: 978-0-470-56834-7. Available at <http://www.rustnutrition.com>, and bookstores everywhere.

Send any information for RDs/DTRs in the News to Rachel Harken at rachelharken@msn.com by April 15, 2010.

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Visit to learn more about the board:
<http://www.eatrightpa.org/about/pada.htm>



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The PADA NEWSLETTER is published four times a year. Information from members, districts, and organized elements of PADA must be submitted, typed and double-spaced, to both the Editor and the Executive Coordinator. The Pennsylvania Dietetic Association assumes no responsibility for statements made or expressed in this publication.

Ad Rates

Classified: Minimum rate of \$25 for one-half inch and multiples of same (i.e. fee for a one inch ad would be \$50). A one-half inch ad contains approximately 65 characters per line, 4 lines per half-inch. The fee for a one-half inch ad for a Continuing Education event will be \$10 and multiples thereof.

Save Money - Discounts for Multiple Display Ads

The PADA Quarterly News reaches over 3,200 members across the state. The newsletter is also posted on our website, www.eatrightpa.org, which means extra publicity! Contact the PADA Management Services (phone 1-614-436-6136 or email contact@eatrightpa.org) to receive the specifications for ad sizes by fax or email. The display rates are:

# of Issues:	1x	2x	3x	4x
Ad Size:				
1/2 page	\$450	\$375	\$325	\$250
1/4 page	\$250	\$200	\$175	\$135
1/8 page	\$150	\$125	\$110	\$85

Reminder Regarding Nutrition Careers Presentations

Carrie Edwards, MS, RD, LDN

Have you recently presented information about careers in nutrition to a group of students? If so, please provide a brief summary of your experience to the PADA State Professional Recruitment Coordinator, Carrie Edwards, at carrie_edwards@chs.net. Summaries will be included in the "Students" section of the PADA website for others to review. Also, if you are interested in presenting career information in the future, please contact Carrie for assistance and materials, if needed. Thank you for your continued efforts to help ensure the future of our profession!

Please Note:

Membership in Your District is not Automatic

When nutrition professionals join the American Dietetic Association, they are also automatically enrolled in their state's association. This is not the case for **District Membership**. In order to be a member of your District, you must contact them and complete a membership form with dues. District dues are very reasonable and offer you continuing education and networking opportunities as well as an important connection to your own district (geographical area of the state). Be sure to join your district this year if you are not already a member! Check out the PADA website where you can find the link to all district websites for more information: <http://www.eatrightpa.org/about/pada.htm>

Attention Students

The Pennsylvania Dietetic Association Foundation offers two \$1,000 scholarships each year to two deserving students. To learn more about the General and Diversity scholarships please visit www.eatrightpa.org/scholarships.

Deadline for entry is 2/26/10.

Students: Opportunity for the PADA Annual Meeting and Exhibition

Monisha Panda, Student Dietetic Association President, University of Pittsburgh

Attending annual meetings is a great way for you to learn more about current trends and hot topics in dietetics, become more involved in the organization, and network. This year, PADA's annual meeting poster session, on April 27th at the Marriott North in Cranberry, PA, will provide dietetic students the opportunity to showcase their special projects and research. Students who participate will be able to attend the annual meeting (AME) at no cost on the day of the poster session. Additionally, PADA will honor select posters based on criteria such as best design or graphics, topic of current interest/trends, and most unique experience. PADA has developed a manual to assist you in assembling and presenting a poster. This manual includes the student poster session application and will be posted on PADA's website at <http://www.eatrightpa.org/>. Presenting a poster at AME is a great way for you to demonstrate initiative and commitment to dietetics practice, display your scholarly work, enhance your oral and written communication skills, and add a valuable experience to your resume and curriculum vitae. For questions or more information, contact monisha.panda@gmail.com.

ATTENTION STUDENTS

I am currently looking for student volunteers for the 2010 Pennsylvania Dietetic Association Annual Meeting and Exhibition (AME). Students can offset the cost of attending the meeting by volunteering time to assist the Hospitality Committee. If interested or if you would like to find out more information please contact Lori Poe, MS, RD, LDN, PADA AME Hospitality Chair at dandlpoe@juno.com.

Reimbursement Update

Ilona Rae Garrity, MBA, RD, LDN

Happy New Year!

Hot off the presses from a recent ADA member survey, *Reimbursement and Access to RD Services* are policy issues which ranked "most important" to members. It should come as no surprise that these are the very issues that ADA is targeting with Health Reform. ADA is working to make sure that nutrition services provided by Registered Dietitians are included in health care reform legislation. Details of ADA's stance on health care reform can be found in the Health Care Reform Task Force Report at www.eatright.org/Members/content.aspx?id=8488. As members of both ADA and PADA, all of us need to assist in this effort.

Let us make ourselves more visible and continue to be acknowledged as the "nutrition experts" by meeting with and/or writing to our legislators. ADA's website provides useful information to guide you through this process. To assist in contacting your legislators, click on the "Members Only" tab. On the left under "In This Section," scroll down to Public Policy and select "Resources" from the drop down box. From there, click on "Go directly to Grassroots Manager." We as nutrition professionals and constituents need to drive home our value! We cannot rely on someone else to effectively communicate our worth. We maximize our chance of achieving our goals by working together.

Resources

A number of you have inquired about coding for reimbursement purposes. Codes can be found on the ADA website in the "Members Only" section by clicking on "Practice" and selecting "Coding, Coverage, and Compliance" (CCC) from the drop down box. Once in this section, codes are listed in the "Basics" section.

Also, there are three new PowerPoint presentations chock full of information available on the website (yes, ADA membership does have its benefits). These user friendly presentations will help familiarize you with key reimbursement terminology and help you navigate through the reimbursement process. These presentations include: "Business Management Considerations," "The Superbill," and "The Credentialing Process." These are all in the CCC area in "Presentations" in the "Practice Management" section. Another new, very informative PowerPoint presentation is "Cracking the Code," also in the CCC area under "News & Events." This presentation will help RDs learn about the different types of codes used on claims and how to start the credentialing process with health plans to receive direct reimbursement for nutrition services.

Did you know that Pennsylvania may be the only state that sells the "Superbill" on its website? On the PADA website, in the "Marketplace" area, you can select "MNT Superbill" from the "Products" section. You can view a sample and order your very own customized Superbill. For those not familiar with a Superbill, it is an easy to use professional billing form which your clients can submit to their insurance company for reimbursement of nutrition services.

Look for more updates in our Spring Newsletter.

garrityir@arcscientific.com

Delegate Update

Karen A. Virostek, MS, RD, FADA, LDN

ADA's House of Delegates is the voice of members, governing the profession and developing policy on major professional issues.

Your Pennsylvania Delegates attended the HOD meeting in Denver during FNCE in October.

There were two Mega Issues discussed: 1) Evidence-Based Practice and 2) Health Reform. Voting on these issues occurred in November.

The results of the House vote on the fall 2009 HOD Meeting motions have been tabulated. The two motions from the fall 2009 HOD Meeting were unanimously approved.

The motion related to the dialogue session on Evidence-Based Practice requests that by May 2010 the Evidence-Based Practice Committee develop a comprehensive marketing plan, in conjunction with other ADA organizational units. The plan will consider the identified barriers and prioritized strategies for access and use of evidence-based practice resources. ADA members are asked to commit to learning more about evidence-based practice.

The motion related to Health Reform encourages all members to respond to "calls to action" from the Association. The Legislative and Public Policy Committee (LPPC) is charged with taking an influential leadership role in all future public policy activities that will assure the inclusion of the RD in legislation and regulations. LPPC has been asked to plan legislative training programs to address this urgent need of the membership. Affiliate dietetic associations and DPGs need to collaborate and build partnerships within and outside the Association to effectively position health reform and all critical legislative and policy issues related to the role of the RD as leaders in food policy and nutrition services. Updates on these activities will be provided by LPPC twice a year in reports to the House (fall and spring).

For More Information Contact your Delegate:

Northwest and Pittsburgh (Chair of Delegates):

Karen Virostek, MS, RD, FADA, LDN at kvirostek@verizon.net

Northeast and Central:

Abigail Coleman, MS, RD, LDN at abigail.elizabeth.coleman@gmail.com

Philadelphia and Lehigh Valley:

Susan Gargano, MS, RD, LDN at sgargano@aol.com

Revisiting PA Library Districts Yields Opportunities

Janet K. Little, MPH, RD, LDN / Immediate-Past President, PADAF

Consultants for PA's 29 library districts are finding ways to survey their libraries' interest in nutrition education. Thank you to the PADA members listed below for responding to opportunities found in several districts.

1. New Castle - Michelle Byers, a clinical dietitian at Jameson Hospital, spoke to the directors of 26 public libraries in Lawrence, Butler, Mercer and Armstrong counties about programs PADA members have put on in the past so to plan for the future. Already, the children's librarian at New Castle Public Library expressed an interest in Make Time for Health[®] and Strong Bones[®].
2. Aliquippa - As an extension agent in Beaver County, Mary Alice Gettings spoke at a district library directors' meeting at the B. F. Jones Memorial Library. She plans to give Make Time for Health[®] at the Chippewa Library.
3. Johnstown - Fran Lechak is working with the consultant giving similar information to the managers of libraries in Cambria, Indiana and Somerset counties.
4. Seneca and Central PA - Ann Curtis is working with a public library in McKean County and the Dubois Public Library in Clearfield County.
5. Monessen - Vicky Vrabel provides wellness nutrition education and displays to the residents of a state mental health facility in Maryland. She proposed putting up a set of these displays, changed monthly, to the Greensburg Hempfield Area Library in Westmoreland County.
6. Altoona - Helene Koontz gave Strong Bones[®] to library staff at the Altoona Area Public Library. The district consultant surveyed libraries in three counties, receiving requests from the Hollidaysburg Area Public Library in Blair County and the Saxton Community Library in Bedford County.
7. North Central PA - The consultant at James V. Brown Library in Williamsport views offering Make Time for Health[®] and Strong Bones[®] as expanding their current focus on health education and health services for preschool children.

Christine Kavanagh is working with this consultant who also forwarded information about our programs to counterparts for 40+ libraries in this 11-county district.

8. Lebanon - Members interested in giving a presentation about any nutrition topic for any age group at the Lebanon Community Library, please contact me at jkldr@jklrd.com.
9. Free Library of Philadelphia - Pat Sullivan, Amy Deahl-Greenlaw and Carrie Edwards appeared as references on applications including information about Make Time for Health[®], Strong Bones[®] and career presentations in their (internal online) Library Program Directory used by the directors of the district's 48 libraries (agencies).
10. Easton, Delaware, Scranton, Lancaster, Capital Area, Reading, Pottsville, Pittsburgh, Washington and Chambersburg - These districts are interested in learning more about bringing our expertise to their patrons.

Consultants for the remaining library districts are considering how to proceed.

Final Budget for PA Public Libraries Improved by Unified Advocacy

Glenn R. Miller, Executive Director, Pennsylvania Library Association,

commented about the 2009-10 PA budget Governor Rendell signed into law on October 9, 2009.

"Our unified advocacy played a big role in scuttling bills that would have cut the public library subsidy by 54%, and would have completely eliminated all programs funded through the Library Access and Electronic Library Catalog line items."

While the subsidy indeed decreased 20% from last year instead of 54%, the Library Access Services and Electronic Library Catalog were cut by 70%. These include POWER Library, statewide card, inter library delivery, Ask Here PA and Access PA database including titles donated by PADAF and PADA members. Such services enable libraries to meet the needs of today's patrons such as finding books recommended by the American Dietetic Association.

In total, the state budget for all library programs decreased by 26.7%. Now, public library systems are fighting cuts from local revenue sources.

A helpful explanation of this and the state budget conundrum nationwide by Glenn R. Miller, Executive Director, Pennsylvania Library Association, may be found on <http://pala.affiniscape.com/displaycommon.cfm?an=1&subarticlenbr=241>.

jkldr@jklrd.com



LVDA members Kelly Marstell and Jennifer Doane at the Bethlehem Area Public Library.

Feeding Our City

Susan Adams, MS, RD, LDN

"Feeding Our City: Sustainable Agriculture in Philadelphia" was held at LaSalle University on November 4, 2009. The program was co-sponsored by DVCSNE and the Philadelphia Dietetic Association.

The presenters included Tegan Hagy of The Food Trust, Coordinator for the Mid-Atlantic region of the National Farm to School Network; Marilyn Anthony, Southeast Regional Director of the Pennsylvania Association for Sustainable Agriculture; and Rachel Milenbach, Executive Director of Weaver's Way Community Programs.

The speakers touched on a variety of topics including local farming initiatives, sustainable practices in food purchasing and management, and strategies for incorporating locally grown foods into schools and community food programs.

Attendees enjoyed a delicious dinner prepared with local ingredients and conceived by LaSalle's Executive Chef, Royer Smith. The evening dinner program was attended by approximately eighty people and included a mix of dietitians, nutrition educators, professors, and students. Attendees' comments included: "good mix of students and professionals, rich stories from speakers, presenters were motivational and inspiring, loved hearing from the chef, great to know that dinner was prepared with locally purchased ingredients, and it was interesting to learn more about local farming and how 'buying fresh' can benefit our economy." Program participants also noted they enjoyed the warm atmosphere of the college, the excellent dinner, and the opportunity to network and be with colleagues.

adamss@lasalle.edu

Licensure Update

Valaree Williams, MS, RD, LDN
PADA Licensure Chair

The new year of 2010 brings promise, opportunity, and Pennsylvania state licensure renewal. The current licensure period ends September 30, 2010. Licensure renewal information and applications will be coming closer to the renewal time, but it is never too soon to prepare.

As stated in our licensure act, each LDN is required to complete 30 continuing professional education credits during the past 2 year period of October 1, 2008 until September 30, 2010. LDNs will not be required to submit CPE certificates of completion with the renewal application but will be required to produce the documents if chosen to be audited by the State Board of Nursing.

Knowledge of board approved continuing professional education will promote a successful audit. Refer to the PADA website, www.eatrightpa.org, and search under Public Policy and Advocacy: Licensure for information about accepted courses. The Pennsylvania State Board of Nursing site, www.dos.state.pa.us.nurse, is also a helpful resource to review the Rules and Regulations.

As renewal approaches, continue to look to the PADA website and newsletter and the Pennsylvania State Board of Nursing website as resources. Questions can also be sent to vmwilliams15@yahoo.com.

District Spotlight: Northeast Dietetic Association

Maureen Krisa-Kurey, MS RD LDN
President, Northeast Dietetic Association

The membership year began by updating our strategic plan and budget for the upcoming year. With the economy the way it is, we wanted to continue to provide our members with affordable networking and continuing education events.

NEDA began the membership year with a Health Fair in NaAug Park in Scranton, PA on June 13, 2009. The fair was sponsored by the Lackawanna County Medical Society and attracted approximately 1000 people. Dietitians from NEDA were on hand to provide nutrition information to physicians and the general public.

On September 17, 2009, we hosted our 3rd annual wine tasting fundraiser. It was held at Maiolatesi Wine Cellars in Justus, PA. It was attended by 25 NEDA members and friends. We learned how to pair wines with different gourmet cheeses to enhance the flavors of the wines. We didn't raise a lot of money, but we sure had a lot of fun!!!

On November 11, 2009, our annual fall seminar was held. We had 60 NEDA members (more than half our membership) in attendance. Our members received 6 CEU's for FREE!!! Speakers included Eric Pusey, a pharmacist who provided an update on food and drug nutrient interactions. Evelyn Phillips, MS, RD gave an update on pressure ulcer management. Our own NEDA members Arlene Feleccia, RD, CDE, LDN and Lisa Wolk, RD, LDN gave updates on diabetes and renal disease.

And lastly, on December 2, 2009 we had our annual holiday party for members at Carmella's restaurant in Dunmore, PA. It was attended by 23 NEDA members and was free of charge. It was a great way for our members to visit in an informal setting.

We are busy working on plans for National Nutrition Month and our annual spring seminar.

mkkurey@aol.com

Lobbyist Update

David Tive

I hope and trust that all of you have had a good holiday season and are looking forward to 2010. Here in Harrisburg there is much to look forward to, and unfortunately still a bit to look back on. It is the looking forward part that may impact PADA.

We are now about half way through the 2009-2010 state fiscal year, and the budget is not quite finished yet. True, it is 99% done, but there are still some pieces missing. The main holdup is the failure of the legislature to agree on a bill to allow casinos to offer table game gambling. While there is a chance that this issue will be resolved by the time you read this article, the odds are (and we are talking about gambling so odds are very important) that it won't be done until well into January.

So while we are still looking over our shoulders at the budget that won't die, we are also just a couple of weeks from the start of the 2010-2011 budget debate. As required by state law, Governor Rendell will present his initial proposal for next fiscal year in early February. He and the Senate and House will then have five months to get it done.

Last year at this point Pennsylvania was looking at a revenue shortfall due to the national recession of over \$3 billion. Much of that was made up during last fiscal year by significant spending reductions and freezes ordered by the Governor. Still there was a major hole that needed to be filled for 2009-2010, and that is what caused the budget debacle we saw in the summer and fall. However, things may not be as bad this time, at least for one year. The Governor has announced that due to reduced spending and revenue projections for this year, and to mild cuts he made

to spending for the rest of the fiscal year, the state may end with a balanced budget as required by the Constitution. But that still leaves next year. If tax revenues continue to decline, there will have to be more cuts to spending in 2011, and that may be the least of our worries.

Funding for nutrition programs didn't take much a hit this year, and some items were actually increased. That may not be true next year, although I will continue to work in behalf of PADA to block any cuts. It is still too early to say how difficult a task that will be. But beware of 2011. This year's state budgets, and the one coming up, achieve balance only through the billions of dollars coming into the state as part of the federal stimulus program. That money ends in 2011. If the economy has not improved by then another round of major budget cuts will be needed, possibly in the billions again, and this time we may not be able to protect nutrition programs as we have in the past.

That budget won't be the job of Governor Rendell. In November we will elect a new Governor since he is limited to two terms. And this is my final message for now. It is time to start paying close attention to the candidates running for Governor (currently 5 Democrats and 3 Republicans). You to need check on their positions on issues of importance to you. Go to their websites, call their offices, attend meet-the-candidates nights, whatever works best for you. Only by educating yourself can you make a decision of which candidate is best for you.

I look forward to seeing as many of you as possible at AME in April.

dtive@tivelobbying.com

Join us for the Opening Night Reception at the Annual Meeting and Exhibition!

Opening Night Cocktail Reception to be held
Monday, April 26, 2010
Marriott North, Cranberry Township
(25 minutes north of Pittsburgh)
5:00 p.m. – 6:00 p.m.



Pennsylvania
Dietetic Association

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Pennsylvania Dietetic Association 2010 - 2011 Ballot

You can exercise your right to vote via the PA Dietetic Association website at www.eatrightpa.org or complete this form and send or fax it to the address or fax number below.

(Names of candidates are listed alphabetically)

Directions:

1. Please select one candidate for each position, even if you are not a member in that district.
2. Confirm your eligibility to vote by writing your ADA number in the designated space below.
3. Return the completed ballot by fax or mail: must be postmarked no later than 2/28/10.

PRESIDENT-ELECT

Deborah Hutcheson

Write-in candidate: _____

SECRETARY

Malorie Blake

Tom Hritz

Write-in candidate: _____

DELEGATE-ELECT (Pittsburgh)

Cynthia Burke

Kim Crawford

Write-in candidate: _____

NOMINATING COMMITTEE

Lehigh Valley

Margaret Fitzgerald

Write-in candidate: _____

Philadelphia

Write-in candidate: _____

Your ADA Registration Number: _____ (Must be completed to be eligible to vote.)

Completed ballots must be faxed or postmarked by February 28, 2010.

FAX: 1-614-436-6181 • MAIL: PADA Nominating Committee, 96 Northwoods Blvd., Ste. B2, Columbus, Ohio 43235

Please exercise your right to vote.

PADA Ballot 2010-2011 Description of Candidates

Position: President-Elect

Deborah A. Hutcheson, MS, RD, LDN, CNSD, CDE

Current Position: Program Director, Clinical Dietetics & Nutrition, University of Pittsburgh, Pittsburgh, PA

Education:

BS, University of Pittsburgh, Pittsburgh, PA

MS, University of Pittsburgh, Pittsburgh, PA

DCN in Progress, expected graduation December 2009, University of Medicine and Dentistry of New Jersey, Newark, NJ

Route to Registration:

Coordinated Program, University of Pittsburgh, Pittsburgh, PA

Professional Activities:

Pittsburgh Dietetic Association: Nominating Committee Member, 2005

Statement of Goals:

As president, my goals will be to work with the board to carry forward the work of the state association in promotion of the dietetics professional as the recognized food and nutrition expert, to seek new opportunities to integrate professional services in state practice venues: public, private, business, healthcare, research and community and to support the districts and their efforts to recruit and retain members while fostering member involvement. I believe that in order to provide service in the best interests of the public we must strengthen our voice in the legislative process. To accomplish this, the profession must have a strong and diverse membership committed to common outcome goals that are demonstrated through evidence based practice.



Position: Treasurer

Malorie Blake, MS, RD, LDN

Malorie became an RD in 2005 after graduating from the University of Pittsburgh Coordinated Dietetics Program. She recently completed her graduate work in Human Nutrition at Eastern Michigan University. She has worked in the research, clinical and community settings and currently works for the PA Nutrition Education Network (NEN) in Harrisburg, PA. At PA NEN, Malorie works with providing nutrition education to low-income families. Malorie also works as a nutrition educator



for the Susan P. Byrnes Health Education Center in York, PA teaching nutrition classes and reviewing nutrition curricula. In addition, she is a consultant for Family-Child Resources, Inc. in York where she provides nutrition education to families with young children.

Tom Hritz, MS, RD, LDN

Current Position: Clinical Nutrition Manager, UPMC Mercy, Pittsburgh, PA

Education: MS, Wellness and Human Performance, University of Pittsburgh, Pittsburgh, PA

BS, Clinical Dietetics and Nutrition, University of Pittsburgh, Pittsburgh, PA

Route to Registration:

Coordinated Undergraduate Program (CUP) in Clinical Dietetics and Nutrition, University of Pittsburgh, Pittsburgh, PA

Professional Activities:

PADA: Secretary, Annual Meeting and Exhibition (AME) Planning Committee, 2007

Statement of Goals:

- Be an advocate of the nutrition and dietetics profession with healthcare, business, and public professionals as well as with the general public.
- Work together with various practitioners within the profession to define and promote a clear message of optimal nutrition, health and well being to our fellow citizens of the Commonwealth of Pennsylvania.
- Promote growth in membership of the ADA and PADA.



Position: Delegate-elect (Pittsburgh area)

Cynthia L. Burke, MS, RD, FADA, LDN

Current Position: Owner, Cynthia Burke & Associates, Bridgeville, PA

Education: MS, Food and Nutrition, Indiana University of PA, Indiana, PA BS, Medical Dietetics, Pennsylvania State University, University Park, PA

Route to Registration: Masters Degree with Teaching Experience

Professional Activities: ADA: Behavior Health Nutrition, Dietitians in Health Care Communities and Dietitians in Integrative and Functional Medicine DPG Member



continued on next page

Weight Management DPG contributing Author Winter 2006-2007,

PADA:

President PADAF 2006-2008

Bylaws and Policy and Procedure Chair 2006- 2008

President 2005- 2006

President Elect 2004-2005-2006

Finance Committee 2002 - 2004

Local Arrangements - Annual Meeting – 2003

Program Co-Chair Annual Meeting 2001

District President- Board Member 1998- 1999

Local Arrangements –Annual Meeting 1990

Pittsburgh Dietetic Association:

Bylaws and Policy and Procedure Chair 1999-2000

President 1998-1999

President Elect 1997-1998

Public Relations Committee 1996 – 1997; 1988- 1989

Chair Nominating Committee- 1994- 1996

Statement of Goals:

As delegate I will actively communicate the interests and concerns of Pennsylvania's dietetic professionals at the national level as well as keeping members updated, informed and educated on the HOD's plans and solicit member input. My past leadership experience and training as well as my varied employment settings provide me with the ability to represent our diverse members.

Kim Crawford, PhD, RD, CSSD, LDN

Current Position:
Coordinator of Graduate Studies in Nutrition, University of Pittsburgh, Pittsburgh, PA

Education: PhD, Exercise Physiology, University of Pittsburgh, Pittsburgh, PA

MS, Clinical Nutrition, Drexel University, Philadelphia, PA

BS, Community Health Education, Temple University, Philadelphia, PA

Route to Registration: 6 Month Qualifying Experience, Suburban General Hospital, Norristown, PA

Professional Activities:

ADA: Member, Sports Dietetics Specialty Practice Analysis Workgroup, Commission on Dietetic Registration Member, Commission on Dietetic Registration Specialty Certification Panel



Reviewer, Journal of the American Dietetic Association.

Research Analyst, American Dietetic Association Evidence Analysis Library

PADA: Board of Directors, Pennsylvania Dietetic Association, 2001-2002

Pittsburgh Dietetic Association: Secretary, Pittsburgh Dietetic Association, 1999-2000

President-Elect Pittsburgh Dietetic Association, 2000-2001

President Pittsburgh Dietetic Association, 2001-2002

Statement of Goals:

This is an exciting time for our profession as we build new areas of practice. It is a time to be proactive as well as strategic. I see the House of Delegates as the voice of the member, the pulse of our profession and professional organization. My goal as a delegate would be to maintain an active dialogue on issues and concerns of importance to our members and to our profession.

Position: Nominating Committee (Lehigh Valley)

Margaret Ann Fitzgerald, MS, RD, LDN

Current Position: Clinical Dietitian for Sodexo at Grand View Hospital in Sellersville, PA

Education: BS, Food Service and Housing Administration, Pennsylvania State University, State College, PA

MS, Human Resources and Health Care Administration, University of Scranton, Scranton, PA

Route to Registration: 3 year preplanned, Lehigh Valley Hospital, Allentown, PA

Professional Activities: ADA: Presiding officer for the FNCE for Original Contributions: Food and Foodservice, 2002

PADA: Treasurer, 1988-1989 and 1991-1993

Secretary, 2003-2004

Lehigh Valley Dietetic Association: President, 1988-89

President Elect, 1988

Secretary, 1983

Treasurer 2000-2002

Statement of Goals: To be able to obtain the most qualified professionals for the positions on the board to best serve the PADA. To award and recognize deserving professionals who have given their time and talents to improve and promote the profession of dietetics.



PADA Annual Meeting & Exhibition

Julianne Hagan, MS, RD, LDN/ Publicity Chair, AME 2010

Mark your calendars for April 25-27, 2010 as PADA invites you to the Annual Meeting and Exhibition (AME) in Cranberry Township, located just 25 minutes north of Pittsburgh in Western Pennsylvania! Participate in an incredibly dynamic venue of speakers and timely issues, while also earning up to a maximum of 21 CPEUs. The meeting, which celebrates the diversity of PADA members, will begin at the Pittsburgh Marriott North on Sunday, April 25th with pre-conference workshops on Motivational Interviewing and How to Individualize MNT for Your Renal Patients. On Monday, motivational speaker, disabled athlete and author, Todd Huston, will present the keynote address entitled "More Than Mountains: Overcoming Challenges in Difficult Times". Check out toddhuston.com for more on his amazing story. Check out new products on Monday afternoon and meet with exhibitors, including some of our generous sponsors, Giant Eagle, SoyJoy, and the Pennsylvania Beef Council. The Anna DePlanter Bowes Lecturer, Nancy Wooldridge, MS, RD, LD, ADA Medallion Award winner, will present "Simmer Gently for 40 Years: Evolving Impact of RD Research, Education, and Practice on Cystic Fibrosis Care." There are so many more topics of interest, to name a few: high fructose corn syrup, food demonstrating for RDS, childhood obesity, unintended consequences of dietary advice, soy science, entrepreneurship, bariatric surgery, sustainability, and opportunities for RDs on line. Our speakers include 2 former and the current ADA President, Jessie Pavlinac, MS, RD, CDR. There is little doubt that you will leave updated and inspired.

Public Policy Update

Krista Yoder Latortue, RD, LDN / Susan Veldheer, RD, LDN
Federal Public Policy Coordinator/

The ADA Public Policy Workshop (PPW) will be via webinar in your home districts again this year. With healthcare reform being discussed daily in Washington, it's more important than ever that every dietitian's voice is heard. This year, there is a lot at stake including access to RD services, insurance coverage for our services and the inclusion of RDs in a number of government health care programs. At PPW you will get the inside scoop on hot RD issues, learn how to effectively communicate with your legislators and network with other professionals in your field.

This year, we will be combining the PPW with the State Dietetics Day. You will leave this session with tools to make your profession stronger to conduct effective meetings with the legislators who are making decisions about our profession. Your voice must be heard!

We are working with your District Public Policy Coordinators to organize viewing parties in your local districts. There will be more details to come!

krista.yoder.latortue@gmail.com / sveldheer@hmc.psu.edu

We Can't Take Safe Drinking Water for Granted

Janet K. Little, MPH, RD, LDN / Nutrition Consultant,
Allentown, PA

When calculating fluid needs for a patient, have you thought about whether or not the water will be contaminated by for Total Dissolved Solids (TDS) and sulfates and chlorides from gas drilling? I know I haven't. But I do now after attending a Public Hearing on Proposed New Marcellus Wastewater Standards.

Read more on the newsletter section of the website.

jkldr@jklrd.com

Save Paper!

If you would like to receive an electronic version only of the newsletter, please send an email to Betsey Zych at contact@eatrightpa.org

eat right. American Dietetic Association

Chronic Obstructive Pulmonary Disease (COPD) Evidence-Based Nutrition Practice Guideline
Now Available

ADA unveils the COPD Evidence-Based Nutrition Practice Guideline, a resource for registered dietitians involved in providing MNT to people with COPD.

The guideline must be individualized, but it will assist the RD in successfully integrating MNT into the overall management of people with this condition. Recommendations in the guideline are based on a systematic review of the literature.

Topics include:

- Provision of MNT for people with COPD
- Energy Needs
- Quality of Life
- Medical Food Supplements
- Bone Density
- Use of supplemental oxygen

To download, visit www.adaevidencelibrary.com.

PADA Annual Meeting & Exhibition Registration Form

Pittsburgh Marriott North, Cranberry Twp., PA • April 25-27, 2010

Instructions:

1. One registration per form. Photocopies are acceptable
2. Make checks payable to **PADA Annual Meeting**. VISA/MC/and DISCOVER ACCEPTED
3. View program outline and Register online at www.eatrightpa.org
4. Refunds will be honored (minus 10% for processing costs) until April 1, 2010. No refunds after April 1, 2010.
5. Envelope must be post marked by April 1, 2010 to receive pre-registration rates

Mail completed form to:

PADA Annual Meeting
 96 Northwoods Blvd Ste B2
 Columbus, OH 43235
 Phone: (614) 436-6136
 Fax: (614) 436-6181

REGISTRATION

Complete exactly as you wish the information to appear on your name badge: ADA Member Number: _____

Last Name: _____ First Name: _____

Professional Suffix (eg: MS, RD) _____ Position or Title: _____

Organization/CompanyName: _____

Mailing Address: _____ City: _____ State _____ Zip Code: _____

Daytime Phone number: _____ extension _____ Home Phone: _____

Email Address: _____

PADA ANNUAL MEETING REGISTRATION (Please check appropriate box.)

	Pre-Registration			Late/On Site Registration (after April 1)		
	ADA Member	Non-Member	Student*	ADA Member	Non-Member	Student*
One Day	<input type="checkbox"/> \$160	<input type="checkbox"/> \$195	<input type="checkbox"/> \$60	<input type="checkbox"/> \$175	<input type="checkbox"/> \$210	<input type="checkbox"/> \$75
Two Days	<input type="checkbox"/> \$220	<input type="checkbox"/> \$260	<input type="checkbox"/> \$75	<input type="checkbox"/> \$235	<input type="checkbox"/> \$275	<input type="checkbox"/> \$90

*Students/Interns: Please include name of school/internship and directors name: _____

If attending only one day: Please indicate day: Monday Tuesday

Please indicate need for **vegetarian** or **other special dietary need** lunch: Monday Tuesday

April 25, 2010 Sunday Pre-Conference Workshops

#1 Motivational Interviewing and Coaching

Eileen Stellefson Myers, MPH, RD, LDN, FADA & Julie F. Schwartz, MS, RD, CSSD, LD, ACSM-HFS & CPT

Co-Sponsored with the Weight Management Dietetics Practice Group

1 – 5 PM (4 CPEUs) Snack included.

Please check if attending: \$80.00 For PADA member \$90.00 for non-members

#2 How to Individualize MNT for Your Renal Patients Speaker, Linda Bridges, RD, LDN

Co-Sponsored with Pennsylvania Dietitians in Health Care Communities DPG

6-8:00 PM (2 CPEUs) Cocktail hour included.

Please check if attending: \$35.00 For PADA member \$45.00 for non-members

PAY BY CREDIT CARD

Bill my VISA MC Discover Expiration Date _____ 3-digit security code _____

Account Number _____ Signature _____

Total Annual Meeting Amount \$ _____

PAY BY CHECK

A check payable to **PADA Annual Meeting** is enclosed for \$ _____

A voluntary contribution to the PADAF Scholarship Fund is enclosed \$ _____
 (Please make check payable to PADAF and indicate which scholarship)

General Eichelberger Parks

A voluntary contribution to PADA PAC is enclosed \$ _____
 (Please make check payable to PADA PAC)



Visit the **PADA Website**
www.eatrightpa.org

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96 Northwood Blvd, Ste B2
Columbus, Ohio 43235

Save The Dates!

Pittsburgh Dietetic Association
Winter Educational and Legislative Event,
February 16, 2010, West Penn Hospital.

State Dietetics Day + Public Policy Workshop (PPW)
will be available in your district on
Monday, March 22, 2010 from 3:00 p.m. – 7:30 p.m.
Stay tuned for details.

77th PADA Annual Meeting & Exhibition
“Excellence in Dietetics – *Integrating Research, Education and Practice*”
Marriott North, Cranberry Township, PA
April 25, 2010 Preconference workshops
April 26 – 27, 2010 AME
Preregistration deadline: April 1, 2010
More information and registration to follow on www.eatrightpa.org