

JULY/  
AUGUST

MAND



Maine  
Academy  
of Nutrition  
and Dietetics

PORTIONS

## A Message from our President

Please be aware that the Maine Academy of Nutrition and Dietetics Board of Directors is made up of volunteers. Currently we are working on the following activities:

1. Planning the annual conference to be held on November 1, Wells Conference Center, University of Maine, Orono, Maine. Please save the date.
2. Creating a new website that will be a more effective way to communicate with each other and the public.
3. Networking via Facebook and Twitter. Follow MAND at [eatrightmaine.org](http://eatrightmaine.org)
4. Strategic planning for our affiliate. Please look for the plan on the website and see how you can help reach our goals.
5. Addressing food insecurity with a task force. Are you interested in participating? Add your expertise as we work to help reduce food insecurity in Maine.
6. Balancing our budget. Enough said!
7. Participating in Maine Public Health Association's annual conference. Let's work together

8. to improve health within our state.
8. Contacting our Senators & Representatives while they are home on August recess. Introduce yourself as their local expert on nutrition. Let's all make contact and explain our jobs or passions to them to increase awareness of Registered Dietitians.
9. Monitoring our communities for people who are dispensing nutritional counseling without licensure. Reporting those that are infringing on the role of Registered Dietitians to Attorney General.

Yes, it is expensive to maintain your membership with the Academy of Nutrition and Dietetics. The dues that you pay are utilized within Maine to promote Registered Dietitians and Dietetic Technicians Registered. If your feeling is that we are not doing enough, please join us.

Amy J. McClellan, MS, RD, LD  
The Friendly Dietitian, LLC  
President, Maine Academy of Nutrition  
and Dietetics

## NEWS BITES

### Affiliate Challenge

**It is not too late to renew your membership!** Our affiliate could win a prize. \$1500 Prize to the affiliate who recruits the most new members in our size group, to be spent as we wish!

Find a member to join us and you both could win a new Kindle Fire!  
**See page 3 for details!**

### Upcoming Events

#### MMC Nutrition Symposium

Wednesday, September 25, 2013  
Charles A. Dana Education Center  
Maine Medical Center  
22 Bramhall Street



### MAND MEMBER INPUT NEEDED!

I am the MAND representative to the AND House of Delegates (HOD). There is a HOD meeting prior to FNCE in Houston. That's not far off, so I need to gather some information from you. Your input is vital. Without knowing your thoughts and feelings on the important topics we will discuss, I won't be able to represent you accurately.

Please respond to the following two questions and email me your responses by September 15th (my email is [nutricomminc@mac.com](mailto:nutricomminc@mac.com)):

Where do you work and how are your services paid for?

Do you have any questions or comments pertaining to "Nutrition Services Delivery and Payment: The Business of Every Academy Member." (You can view the Executive Summary or Fact Sheet, or read the entire Backgrounder on [www.eatright.org](http://www.eatright.org)), [or click here for more information](#)

Thanks for your input--every opinion is important to me!

Sincerely,

Kit Broihier, MS, RD, LD  
MAND Delegate

### MAND Educational Conference

November 1st

Wells Conference Center on the UMO campus

#### Registration opens on September 1st

Forms will be sent, via same path as the newsletter. Registration forms will also be available online at the MAND website.

Lodging, Travel, Vendor/Sponsor/Donor Forms and Agenda information will also be available online.

#### ALSO

We are looking for vendors and sponsors!

Please contact **Dave Seddon** at [nutrition.ne@gmail.com](mailto:nutrition.ne@gmail.com) with names and contact information or if your company would like to be part of the conference.

## Better know a member!



**Amy Jo Baker, RD, CNSC, LD**

### **How has your MAND membership impacted you professionally?**

I became a MAND member in late 2011 upon relocating to Maine from the D.C. metro area. Being a member of my local dietetic association has helped me professionally as I immediately began networking and learned of my current position and contract jobs through the wonderful professionals I met through MAND. Staying active as a MAND board member also helps me to maintain many skills useful for my career including policy writing, organization, written/verbal communication, and leadership.

### **Tell us about some of your career highlights, as well as your MAND membership highlights.**

Career highlights: I started my career in 2001 as a U.S. Army dietitian, and spent six years active duty and two years in the reserves. During this time I worked at three military hospitals gaining experience in inpatient and critical care, trauma, neuroscience, surgery, and outpatient care. At Walter Reed Army Medical Center, I served as Assistant Chief of Clinical Dietetics and I was a clinical preceptor of dietetic interns. While at Walter Reed I provided nutritional care to critically wounded service members who had suffered multiple amputations, traumatic brain injuries, and other severe injuries impacting their ability to obtain adequate nutrition. It was at this time that I became a certified nutrition support dietitian and found great reward working in the intensive care units helping to provide safe enteral and parenteral nutrition to trauma and other critically ill patients. Upon leaving active duty military I worked as a clinical dietitian for the U.S. Navy in Bethesda, Maryland for four years where I continued the clinical care I practiced at Walter Reed. I currently work as a nutrition consultant providing medical nutrition therapy to outpatients with a variety of medical conditions.

MAND membership highlights: I have only been a MAND member for two years since relocating to Maine. Thus far the highlight of my membership would be my selection in 2012 as a member of the MAND board of directors as the Policy-Procedures/By-laws/Ethics chair.

### **What causes in the field of nutrition and dietetics are the most important to you?**

Due to the alarming rise in type 2 diabetes mellitus and obesity among the U.S. population, particularly childhood obesity, I feel very passionate about the role that nutrition professionals play in treating and preventing these conditions. Providing safe enteral and parenteral nutrition and preventing hospital malnutrition are also causes that are very important to me.

## Better know a student!



**Ashley Smith, DTR Student SMCC**

### **What nutrition or MAND-related issues are important to you and your peers?**

I think that an important issue right now is child malnourishment. Communicating good health and nutrition to children is extremely important in today's world and I'd love to do more work with children alongside my peers to educate and guide them to make good decisions, and to share this information with their families.

### **What are your career goals or plans?**

After graduating from SMCC, I want to continue my education to receive my BS and MS. I would like to study sports nutrition and work with professional athletes. I am also a fitness model for a Portland-based fitness company, MaXtreme fitness, and I would like to take that to the next level.

### **What you do on your free time?**

I spend a lot of my free time being active and training for shoots. I love cooking! I do a lot of research, always interested in learning about the newest information about food, nutrition and fitness. I love the warm weather and have been spending a lot of time at the beach!

### **How do you plan to communicate about MAND to your peers?**

I think an effective way for me to communicate about MAND to my peers would be to be involved in the Dietetic Tech club on campus and make sure that students are informed of all that is happening with the MAND. And of course, encourage them to join us!

## Reimbursement Reflections

Dietitians who bill Medicare for their services should know the details about how many visits are allowed each year. Medicare allows for three visits/hours of service in the first calendar year that the Medicare recipient receives nutrition counseling, and two hours in each subsequent year. However, additional hours can be requested from the referring physician if it is deemed medically necessary. An example would be an additional medical problem, such as high cholesterol or high blood pressure, that requires nutrition advice to be coordinated with the diet for diabetes.

You can find additional information about the referral process, the correct codes to use for each service, and much more, on the Academy website under Medicare Medical Nutrition Therapy. Of course, I am always happy to answer any questions, or hear your insights on challenges and successes with reimbursement.



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## Have Time to Answer a Survey...?

Did you know that according to the Accreditation Council for Education in Nutrition and Dietetics (ACEND), nearly 50% of qualified dietetic intern candidates will not be matched to an internship this year due to the shortage of preceptors?

Benedictine University in Lisle, Illinois is conducting a research study on the possible benefits and barriers to becoming an internship preceptor and value your input. We hope to use the results of the study to provide insights to a possible solution to this crisis.

To participate, please click on this link to the online survey  
<http://www.surveymonkey.com/s/DIpreceptors>.

It is an anonymous survey and your responses are confidential. It should only take you about 15 minutes to complete. As an added incentive to complete the survey, you will receive access to a link for four (4) FREE CEUs, courtesy of Benedictine University, and be included in a drawing to win a \$100 VISA gift card! Your insight can help! Be part of the solution!

Good luck and thank you for your consideration.

The Nutrition Research Team at Benedictine University (Lisle, Illinois)

## Attention Members!!!

**Current members have the chance to win a Kindle Fire HD when you recruit a new member to join MAND!**

Our **Member-Get-A-Member Campaign** is an effort to encourage membership among our state affiliate. As you know, joining MAND means access to professional information, input into the organization, networking opportunities and greater power when it comes to public policy issues. The more people that get involved, the better our organization will be!

When you recruit a new member in MAND's Member-Get-A-Member Campaign, *both* you and the new member will both be entered to win a Kindle Fire HD (*two will be awarded!*)—and the new member will also count toward the national contest being run by AND among the states!

### Here's how to be entered into the drawing for a Kindle Fire HD:

1. Think about potential MAND members (colleagues, friends) and encourage them to join MAND. Tell them about the benefits of our organization!
2. Provide the new member with this link <https://www.surveymonkey.com/s/> The link will bring the new member to a Survey Monkey website where they will enter both their name and yours (as the member who recruited them). They will then sign up for membership in AND (and thereby in MAND) by following the instructions on the Survey Monkey
3. Both you and the new member will be entered to win a Kindle Fire HD! Two Kindles will be awarded: one to a newly recruited member and one to a current member who recruited someone. The winners will be selected by separate, random drawings.
4. **The contest is open NOW until August 31st** and winners will be chosen and announced live at the MAND fall conference on Nov. 1!

