

February 2012



News Briefs

This monthly news bulletin is designed to keep Maine Dietetic Association members informed about issues affecting our profession. We hope you find this resource helpful in staying up-to-date and in touch. Please send comments to [MDA Communications Coordinator](#).

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Celebrating Our Golden Members

MDA joins the Academy of Nutrition and Dietetics in recognizing our colleagues who enter 2012 with 50 or more years of membership. Maine's new Golden Members this year are Joan Coleman of Waterville and Barbara Hall of Cape Elizabeth, joining Paula Allen of South Portland, Philomene Center of Biddeford; Norma Drake of Augusta, Gloria Gramaglia of Windham; Irene Holmes of Saint John, New Brunswick; Jacqueline Merrill of Old Orchard Beach, Katherine Musgrave of Orono, and Suzanne Rhode of Brunswick. Congratulations, and thanks for your service to our profession.



Academy Elections

Voting for the Academy of Nutrition and Dietetics national election opened on Feb. 1 and runs through March 3. Go to www.eatright.org/elections to see the full slate of candidates (including MDA's Marcia Kyle for House of Delegates Director) and to cast your votes for the leaders of our profession.

Project Vote – the Academy's incentive project to encourage participation – offers a free Academy membership to state affiliates with the highest percentages of voting members. As of Feb. 13, nearly 15.5 percent of MDA members had voted, an improvement over our 2011 total of 12.5 percent. Maine is known as a national leader in voter participation, so please take a few minutes to cast your ballot.

Serve Our Association

The Nominations Committee is seeking candidates for the following positions on the MDA Board of Directors for 2012-2013:

President Elect
Treasurer
Delegate
Policies and Procedures/Bylaws/Ethics Chairman
State Policy Representative
Nominating Committee
Reimbursement Representative
State Professional Recruitment Coordinator

Job descriptions for each position are posted on our Web site at <http://www.eatrightmaine.org/id88.html>

If you wish to nominate a fellow MDA member, or offer to step forward yourself as a candidate, please contact Nominations Chairman Sarah Joyce at misstoddy@aol.com

The deadline for nominations is March 4.

My Licensure Journey — Part 3

Although she does not practice clinically, one of the professional goals this year of MDA President Kitty Broihier is to become licensed in the State of Maine to support colleagues who are licensed, to recognize the importance of licensure to our profession, and to demonstrate to other non-licensed RDs and DTRs that it's not such a daunting undertaking. This is the final installment of Kitty's ongoing "Licensure Diary" and she invites all RDs and DTRs to join in the process!



I Got It!

Well, it arrived last week in the mail. No fanfare, no special envelope. In fact, I almost didn't realize what it was. It was in one of those folded-over mailer-type things that require one to remove the perforated strips from the edges before opening. Yes, my license to practice dietetics in the great state of Maine has arrived!

For those of you contemplating getting your RD or DTR license here in Maine, you'll be happy to know that once you have all the pieces of your application together and mailed out to the state, it only takes about 2 weeks to actually receive the license in the mail. I think it took longer to register my car by mail than it did to get my RD license!

Even though I don't work clinically, I'm oh so very proud to finally have received my license! This license represents the state's acknowledgement of our profession's unique skill set, our expertise, and our ability to provide superior nutritional services to the people in our state. Just like other professionals in Maine, we are licensed, and that signifies competency, standards and ethics.

To me, this license represents something more personal. It stands for my commitment to helping my fellow RDs and DTRs in Maine get the recognition and consideration we ought to have

from all the “powers that be” in the areas that matter most to us. This license represents a sort of solidarity among us. We are bound by our passion for nutrition and health—no matter where we work, where we went to school, or where we hope our careers lead us.

Together we need to continue to fight for what we deserve in pay, opportunity and scope of work. We need to speak out about what we do, where we do it, why we do it and the results our efforts bring. Other professions have not let up in their battle to take over some of our areas of work. They toot their own horns right and left, with little regard for the established limits of their scope of work or expertise. We cannot just stand by and let our opportunities erode. We have to remember that we are licensed for a reason—and we need to demand respect for that license.

I urge you, if you haven’t done so already, to make a similar commitment to your fellow RDs and DTRs by obtaining your license to practice. Our state and our profession need you—get informed, get involved, get licensed and yes, toot your own horn, too—you’ve earned it.

Kit Broihier, MS, RD, LD (note my new credential!)

MDA President

Meeting with Governor LePage

On Feb. 4, MDA President Kitty Broihier, State Regulatory Specialist Lori Kaley and State Policy Representative Marcia Kyle met with Gov. Paul LePage in his office to discuss his administration’s health-care reform efforts, the importance of including the RD in all health-related issues, and to enlist his support for dietetic professionals seeking appointments to agency and legislative committees.

Our brief meeting was very productive, with the Governor expressing special interest in improving school nutrition and efforts to prevent diabetes and other diet-related diseases. We are very pleased that Governor LePage suggested and has since arranged a longer follow-up meeting on March 13 with himself, Health and Human Services Commissioner Mary Mayhew, Education Commissioner Stephen Bowen and Maine CDC Director Dr. Sheila Pinette.

UMaine Interns to Attend PPW

University of Maine Dietetic Interns Rachael Hall and Kristine Kittridge will be part of the MDA contingent attending the Academy's Public Policy Workshop, April 14-17, in Washington, D.C. The MDA Board selected these two students to represent the nine UMaine interns and extends its thanks to all who applied.

The students are working on public policy projects as part of their requirements for the internship program. Rachael's team is focused on the Local Farms, Food and Job Act sponsored by Rep. Chellie Pingree of Maine. Kristine's team is focused on the Support of the Older American Act Reauthorization, introduced by Sen. Bernie Sanders of Vermont (see their Facebook page at <http://www.facebook.com/pages/Support-the-Older-Americans-Act-Reauthorization/249926128423920?sk=wall>.)

Save the Date

March 18 – Ski and CPE at Sunday River Ski Resort

Theme: Geriatric Nutrition

Sponsored by the Maine Dietetic Association

Come join us at Sunday River for 2.5 CPE in the morning, lunch and skiing in the afternoon!

9am-12pm: 2.5 CPE webinar and case study— 12:30pm-5pm: ski

Lunch and CPE: \$25/ Optional half day lift ticket: \$48

For more information and registration please go to <http://www.eatrightmaine.org/sitebuildercontent/sitebuilderfiles/skicpe.pdf>

Please register by March 4, 2012

April 10 – Maine Nutrition Council Annual Conference

Harraseeket Inn Freeport, Maine

My Farmer, My Plate: Cultivating an Understanding of Food Production

For more information contact Alice Schlosser aschlosser@usm.maine.edu

June 2 – MDA Annual Conference

Theme: Gluten-Free ME

Southern Maine Community College, South Portland

The day will consist of a Professional Component (offering CPEs) in the morning with three 3 distinguished speakers:

Shelley Case, RD, is a leading international nutrition expert on celiac disease and the gluten-free diet. Based in Saskatchewan, Canada, She is a member of the Medical Advisory Boards of the Celiac Disease Foundation and Gluten Intolerance Group in the United States and the Professional Advisory Board of the Canadian Celiac Association.

Melinda Dennis, MS, RD, LDN, is Nutrition Coordinator of the Celiac Center at Beth Israel Deaconess Medical Center in Boston, co-investigator of celiac-related research, and author several journal articles on the nutritional management of celiac disease.

Shelly Asplin, MA, RD, LMNT, practices as a Dietitian/Nutritionist in Omaha, Nebraska, and is Coordinator of Nutritional Programs at Celiac Sprue Association (CSA).

The second half of the day will be open to the public and will feature exhibits and Maine-based speakers. New this year will be cooking demonstrations by local chefs and authors. with CPEs will be offered.

Complete agenda and registration information coming soon on the [MDA Web site](#)



**National
Nutrition
Month®
March 2012**

Eat Right Nutrition Tips

Nutrition tip sheets provide practical food and nutrition guidance for healthy eating. These educational handouts are written by the Academy staff's registered dietitians.

Go to <http://www.eatright.org/NNM/content.aspx?id=5342>