

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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 Academy of Nutrition and Dietetics



Elect the leaders of your profession.



Marcia Kyle RD, LD, CDE
 Candidate for
 House of Delegates Director

On Feb. 1, voting begins for the 2012 Academy of Nutrition and Dietetics (formerly the American Dietetic Association) elections. I am honored to have been nominated for House of Delegates Director and ask for your support.

Serving as Maine's HOD Delegate from 2006 to 2009 confirmed what I have known since I first joined ADA as a student – ours is a strong organization with incredibly talented members. In the many volunteer positions I have held at both the state and national levels, my goal has always been to help our strength and talent benefit the people we serve, our health-profession colleagues, and policy-makers in government.

Our energy and expertise are needed now more than ever, for two reasons. First, the epidemics of obesity and diabetes, combined with an aging population, rising health-care costs and strained budgets require a renewed focus on wellness and disease prevention that is the hallmark of our profession. Second, as the public and policy-makers are increasingly besieged by false claims and erroneous information from ill-trained competitors, it is essential that all Academy members join together to promote our science-based approach.

My 26-year career as a Registered Dietitian and Certified Diabetes Educator has given me experience in both of these areas. From working with the Native American tribes in Maine, the parents and children of Head Start, and my diabetes and nutrition clients at the PenBay Diabetes and Nutrition Care Center, I have seen the real improvements we bring to peoples' lives. As a member of the ADA Legislative Public Policy Committee and as State Policy Representative for the Maine Dietetic Association, I have met with national and state legislators of both parties, as well as top agency officials. Without exception, they value the knowledge and insight our profession provides. Further, as MDA's Communications Coordinator/Media Representative, I have developed effective strategies to get our message out through our newsletters, web site, email alerts and, now, Facebook.

At MDA, we make a special effort to get all members involved – RDs, DTRs and dietetic students. This initiative enlarges the talent pool we can draw from and promotes the development of future leaders. And it helps ensure that our informed voices are heard – in the recent petition campaign asking the President to urge the Center for Medicare and Medicaid Services to reconsider its decision excluding dietitians as billable providers for intensive behavioral therapy for obesity, MDA led the nation in the percentage of members participating. This demonstrates that outreach to all members pays dividends, and it is an effort I will vigorously promote nationwide as an HOD Director.

Please visit the Academy's election website www.eatright.org/elections to learn more. Voting runs from Feb. 1 through March 3, and I encourage you to help choose our organization's leaders. As you do, please support Marcia Kyle, RD, LD, CDE for House of Delegates Director. Thank you.

My Licensure Journey — Part 2

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 second installment of Kitty's ongoing "Licensure Diary" and she invites all RDs and DTRs to join in the process!



Part 2: Getting It Done!

In the last installment of this "diary" back in November, I described why I think it's important for RDs and DTRs to be licensed, as well as how to find the forms online. At that time I felt pretty confident that the whole process was going to go smoothly. And it has—and I'll tell you why right now: I have a secret weapon.

My secret weapon is a mentor. A licensure mentor, to be exact, and while there is no job spec for that position, I had a few fellow RDs (who already have their licenses) pop up and offer to guide me through the process. I am not a person who normally needs hand-holding, but let me tell you, knowing that I could call upon one of these folks whenever I was confused or needed clarification on any part of the form was very reassuring! I also knew that I could meet with any of them if I needed some in-person assistance—it's always nice to have a comrade in your corner, right?

Coming from a different state, and having done my internship and schooling in the Midwest, completing my application required a bit more effort than it might if I had gone to school in Maine. It took me several weeks to track down and make email contact with the current director of the internship at the University of Iowa Hospitals and Clinics, where I did my internship many moons ago. She said she remembered me, as she was a clinical dietitian when I was there, but I have a feeling she was just being nice! I emailed her the form and asked her to fill out the appropriate pages to show that I had completed the educational requirements and training. She promptly did that, and then sent it to the Licensure Board directly (note: the pieces and parts of the form do not have to come in to the Board all together in one packet—they will actually keep track of the parts and put them together for you, provided you get all your documentation and fees in within a few months—nice!). Not realizing this, I eventually contacted her and she let me know that's what she had done and I called Board and left a message asking if they received it and guess what? They actually called me back—in fact, they called me back twice to confirm that they did indeed have that part of the form! So far so good! I didn't need my secret weapon mentor for this step at all!

Instead, I ended up using my licensure mentor to fill out the reference part of the form. Basically, your reference has to vouch for your character as an ethical professional. And, your reference person can even be your immediate supervisor—how handy is that? Again, she sent that in directly to the Board and now I'm ready to turn in the rest of my form, along with my payment. So, that's what I'm going to do this next week. I'll keep you posted on what happens next!

If you are in the process of obtaining your license to practice in this state (or planning to apply) and would like someone to be your mentor, or have questions of any sort regarding licensure in Maine, please contact MDA's Licensure Liaison, Susanne D'Angelo Cooley via email: danges@mmc.org. We are here to help YOU be the best professional you can be !

It's Time to Take Action — MDA Immediate Past-President Patsy Catsos

By now most MDA members are aware that we dietitians are fighting for the future of our profession. Centers for Medicare & Medicaid Services (CMS) currently plans to cover intensive behavioral therapy for Medicare beneficiaries with obesity. Great news! The catch for both consumers and dietitians? Only primary care providers (read MDs, DOs and NPs) can bill CMS for this service. As RDs, you don't need to be persuaded that this is cutting out the medical professionals (us) who have the best training and the most experience helping patients with weight management.

You may not have thought, however, about how often CMS precedent is followed by private insurances and what a large threat this decision poses to the profession. You *might* need persuading that there is action you should take right now. If you think that your own personal pocketbook will not be affected if this decision, you are wrong. Any decision that devalues or cuts out services provided by RDs affects us all. You probably weren't old enough in 1965 to prevent Medicare from omitting RDs as named service providers, but you are old enough now! Please step up and use the [ADA Action Center](#) today to contact your Congressional Representatives. It only takes a few minutes. No matter what CMS' final decision, you will have the satisfaction of knowing you participated in the process.

“The clash of ideas is the sound of freedom.”—Lady Bird Johnson

MDA Leadership to Meet With Governor

MDA's Public Policy goals include meeting with the Governor each year. We are pleased that we have a scheduled meeting with Gov. LePage in February to discuss the importance regarding dollars saved by MNT. I know that this administration is extremely interested in metrics -- in particular, those relating to chronic disease risk reduction in the Mainecare population (diabetes is of particular concern). We will share with the Governor evidence showing that MNT improves health and saves money. Last year, we had a similar and productive meeting with Commissioner of Health and Human Services Mary Mayhew.

The next step is up to you. Meeting with your own local state legislators is equally important. Nothing gets the attention of our legislators more than a visit or phone call from one of their constituents. We urge you to join us in a coordinated effort to reach out to your state Representative and Senator to spread the same message we have started with Gov. LePage and Commissioner Mayhew. If you would like to join forces in this next step during March, National Nutrition Month, MDA Public Policy Leadership will be happy to help you get started. Contact Marcia Kyle, MDA's State Policy Representative, at bkyle@roadrunner.com

Delegate Update

The Academy bylaws have been amended to reflect the name change from the American Dietetic Association to the Academy of Nutrition and Dietetics. When a shortened reference to the organization is needed, please be aware that "the Academy" is the preferred term. The acronym "AND" will not be used for at least the first year. Some other name changes will result from the renaming of the association. For example, CADE will now be known as ACEND, Accreditation Council for Education in Nutrition and Dietetics. The web site address for the association will continue to be <http://www.eatright.org>, though you will soon note changes to the logos on all web pages.



The next HOD delegate meeting will take place on April 26 and 27. This will be a web-based meeting rather than a face-to-face meeting. The agenda will focus on the mega issue of the continuum of dietetics education and an education session focused on the Dietetics Career Development Guide. Contact MDA Affiliate Delegate Patsy Catsos patsycatsos@gmail.com for more information.

Public Policy Workshop 2012

Shining the Spotlight on Advocacy

April 15 to 17, 2012

Crystal Gateway Marriott Hotel, Arlington, Virginia

The Academy of Nutrition and Dietetics' premier policy and advocacy training – the Public Policy Workshop (PPW) is the must-attend event for 2012! Join nearly 500 of your colleagues and friends April 15 to 17 and become *the* voice of nutrition that Congress trusts. Whether you are new to policy and advocacy or a seasoned professional, there is something for everyone at this year's workshop.

PPW offers an interactive format where attendees are active participants as they learn about the ever-evolving public policy landscape. Public policy is the foundation for our profession

through nutrition focused legislation. Several important issues including the Farm Bill, the Older Americans Act and reimbursement are incorporated into PPW 2012 with the last day visits to Capitol Hill and members of Congress. Sessions, breakouts and working meals are organized for more seasoned participants while giving new members in this area a way to develop public policy skills.

Here are just a few comments from Academy members who attended previous Public Policy Workshops:

"I consider this workshop a necessity to grow in the ever changing public policy landscape."

"The peer-to-peer learning and networking with member grassroots policy leaders was invaluable."

"The speakers and workshop presenters were right on target; they shared a wealth of knowledge and experiences."

For more information, contact MDA's Public Policy Coordinator Pat Watson at:
patriciawatson26@gmail.com

Save the Date

March 18 – Ski and CPE at Sunday River Ski Resort

Theme: Geriatric Nutrition

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 please contact Amy McClellan <mailto:amymcclellanrd@hotmail.com>

Please RSVP by March 4, 2012

June 2 -- Gluten-Free Maine Conference and Expo

Presented by the Maine Dietetic Association

Location: Southern Maine Community College

Professional education, cooking demonstrations, exhibits— more information coming soon, check our Web site www.eatrightmaine.org for updates.

Call for Oral and Poster Presenter Abstracts. The University of Maine Cooperative Extension invites potential presenters to submit abstracts for oral or poster sessions at the Nutrition, Food and Physical Activity Symposium to be held May 8, 2012 at the University of Maine, Wells Conference Center, Orono.

Abstracts must be submitted electronically on or before **February 10, 2012**. For details, visit <http://umaine.edu/food-health/nfpa-symposium/call-for-abstracts/>

Nutrition and Public Policy Fellowship

The Grace L. Ostenso Nutrition and Public Policy Fellowship allows an Academy member to participate in the Congressional Science and Engineering Fellows Program, coordinated by the American Association for the Advancement of Science, and to spend one year in Washington, D.C., in a government or legislative position. **The application deadline is February 15.**

The Academy is a AAAS partner in this [fellowship program](#) along with 30 scientific and engineering societies that have participating fellows.