



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](#).

In This Issue:

- **Recognize Your Peers With an Award!**
- **Join Us for a Fun Food Fundraiser on Dec. 4**
- **“My Licensure Journey” by MDA President Kitty Broihier**
- **UMaine Dietetic Interns at MMC**
- **Marcia Kyle Nominated to ADA Board**
- **CMS Decision on MNT**
- **ADA House of Delegates Update**



Recognize Your Peers

The Maine Dietetic Association recognizes excellence in dietetics practice by giving four awards to qualified dietetics professionals in our state each year. Please consider those hard-working and talented professionals who deserve recognition and take a few moments to nominate them for an award. The procedure for submitting a nomination is as follows:

Go to the ADA web site members section <http://www.eatright.org/members/> and log in.

Click **Awards/Honors/Grants**, then **Affiliate**. At the bottom right of that page, choose the award category that is most appropriate for the individual you wish to nominate. The awards are summarized below.

The nomination should include a cover letter from you outlining your reasons for nominating the individual, a completed application from the ADA web site and the nominee's résumé.

Send the nomination packet to Awards Chair Barbara Frey at mbfrey@roadrunner.com. The selection committee will review all nominations and, in collaboration with the MDA Board, choose an individual to receive each award. Please submit your nominations by Jan. 31, 2012.

Award Categories:

Recognized Young Dietitian of the Year

Members eligible to receive this honor should be 35 years of age or younger (on April 1, 2008) and have demonstrated leadership in the field, have participated in the national and/or state dietetics association, and have demonstrated concern for the promotion of optimal nutritional status of the population.

Recognized Dietetic Technician of the Year

Award recipients must be members of the American Dietetic Association and have demonstrated leadership qualities, participation in the national and/or state dietetic association, and concern for the promotion of optimal nutritional status of the population.

Emerging Dietetic Leader

The Emerging Dietetics Leader award recognizes the accomplishments of members, regardless of their age, who are at the beginning of their dietetics careers. Recipients must be within 5 to 10 years of their initial dietetics practice experience.

Members who receive this honor support the promotion of optimal health and nutritional status of the public through demonstrating leadership in legislation, research, education, management and other areas related to the profession.

Outstanding Dietitian of the Year

The Outstanding Dietitian of the Year award is the top honor given out by the Maine Dietetic Association affiliate. The MDA member who receives this award has a solid track record of service to the state and/or national dietetic association and significant evidence of leadership and accomplishments in the field of dietetics.

Please help us with the enjoyable task of recognizing our peers! We look forward to hearing from you!

Fun Food Fundraiser

MDA has arranged for our members to enjoy an awesome local Maine Foodie Tour!

This particular tour is limited to just our group--we get a private tour by the very capable guides at Maine Foodie Tours!

The kind folks at MFT have worked with us to offer this experience at a reduced price in order that we may use some of the proceeds as a fund raiser for our "Send a Student to the Public Policy Workshop" fund. This fund is in its infancy, but MDA is committed to sending a student to every "live" PPW from here on out! Our young members (and potential members) need to see the importance of public policy efforts, and learn how to be an effective advocate for dietitians and DTRs in the public policy arena.

Join us for what promises to be a tasty and enjoyable event in Freeport. You can use the rest of your day in Freeport to get some holiday shopping done!

Here are the specifics:

Freeport Chocolate Lovers Tour (a Maine Foodie Tours offering)

Sunday, Dec. 4

2-3:30pm

\$35 per person, all-inclusive (includes tour, tastings, guide's tip and \$10 contribution to MDA's "Send a Student to PPW" fund)



Reserve your spot by November 28 to be included!

Spend a delightful 90 minutes strolling about Freeport on a guided tour that includes a little background on chocolate, a little history about Freeport, and a whole lot of tasting. Our guide will take us on a leisurely walk to 5 shops and eateries in the Village where we'll enjoy a variety of cocoa creations with the chocolatiers, gelato makers and pastry chefs who have turned life-long hobbies into fully fledged professions with tasty success!

Bonus: Shoppers enjoy discounts at most tour locations!

If you're interested in joining us for this delicious opportunity, you'll need to act fast--there are only 30 spots (we'll use 2 guides).

Tickets must be prepaid, and feel free to invite a friend or significant other along (as long as one of your group is an MDA member; price for non-member tickets is the same).

To reserve your spot for the tour, simply send an email with your name (and the names of any extra people you're purchasing tickets for, to MDA President Kitty Broihier at nutricomminc@mac.com by **November 28th**. She will send you a return email as confirmation, which will indicate your total ticket price, where to send your payment, and specifics on where to meet for the tour.

We hope to see you on December 4!

My Licensure Journey

By MDA President Kitty Broihier, MS, RD

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



Part 1: The What For, Where and How

I support the licensing of professionals in many areas of life. In my quest to become licensed in this state, I decided I needed a little background on exactly what was involved in the process.

First, I did a little online research. Do you have any idea how many types of professionals are licensed in our state? I didn't, so I checked it out. Let me just say, there are a LOT of careers that require licenses in Maine! Here is the list: <http://www.maine.gov/portal/business/professions.html> in case you want to check it out for yourself. If not, I'll just summarize the info by saying that, according to the Maine.gov website, *over 100 types of licenses* are handled by the Office of Licensing & Registration. Granted, not all of those are service professions like ours. So, I counted those that were—and there were over 35 of them! So 35 other professions, including nursing, counseling, chiropractic, dentistry, medicine, physical therapy, massage therapy, psychology, social work and pharmacy, **all** have to be licensed in the state of Maine. We certainly aren't alone!

If you think about it, when something in your life needs professional attention, don't you want

someone who is well-trained and who can prove it? A license is one way that professionals can show the public that they're up-to-date in their field, that they've been trained properly, and that the state recognizes their expertise in their chosen field. If I need an electrician, I chose one that is licensed—not my neighbor who dabbles with the wiring in his own home (scary)! If I need a vet for my precious cat, Smudge, I go to a licensed vet—I don't presume that the gal at the pet store knows enough to keep my feline feeling fine! In order for the public to have any confidence in our advice as nutrition professionals, we need to be able to point to our license as a means of showing that we know what we're talking about. And, if a member of the public questions the need to go to see a dietitian, or doesn't see the immediate value of their diet technician's expertise, it is a wonderful thing to be able to say "Would you trust your body with an unlicensed doctor, dentist or pharmacist? I didn't think so. That's precisely why you need me—a licensed dietitian/dietetic technician—to help you with your nutrition needs."

After this bit of research into licensed professions in Maine, I decided to jump right into it by finding out exactly what I needed to do. Again, our very helpful office of Professional and Occupational Regulation's website came to my rescue. There are links to the info and application forms for not only dietitians and dietetic technicians, but also for those looking to be "temporary" dietitians and dietetic technicians (who knew?)—all easily available online at this site: http://www.maine.gov/pfr/professionallicensing/professions/dietitians/license_types.htm

First time applicants need to fill out the application on paper. However, if you're already licensed and just need to renew your existing license, you can do that right online. How easy is that? Real easy, it turns out. Any time up to 60 days before your license expiration date, you can renew online with a credit card (payment information is not stored, fyi). Here is the link in case you need to re-up: https://www5.informe.org/cgi-bin/pfr/renewal_begin?board_number=4240

Ok, I've got my forms printed and I'm ready to go....now where's my favorite pen....?

PS: Next time I'll let you know a secret for getting through the application process more easily—and enjoying it more!

UMaine Dietetic Interns at MMC Conference

University of Maine Dietetic Interns attended the Maine Medical Center 2011 Nutrition Symposium in September. Pictured left-to-right are: Will Hamilton, Hillary O'Donnell, Heidi Morin, Chelsea Ferik, Anh Thu Truong and Brian St. Pierre.



MDA's Marcia Kyle nominated for ADA Board

Marcia Kyle, MDA's Communications Coordinator and State Policy Representative, has been nominated to serve as an American Dietetic Association House of Delegates Director. This position serves on the House Leadership Team and the ADA Board of Directors.

The election will occur February 1 through March 3, 2012. Candidate information will be made available late-December at www.eatright.org/elections

Here is Marcia's statement on the nomination:

"RDs/DTRs are perfectly positioned to be at the heart of Health Care Reform, emphasizing the importance of healthy diet as the key to prevention. ADA leaders must be the powerful voice of dietetics professionals so that ADA members continue to be recognized as the most trusted source of information grounded in evidence-based nutrition information.

Guiding public policy that supports the growth of the dietetic profession while always focused above all on improving public health is my passion. This approach -- public service rather than self-serving -- is the most effective way to advance our profession and to elevate the status of our organization. While serving on the Legislative Public Policy Committee, I leave each work session more committed to the importance of this concept. Through my contacts with state lawmakers and members of Congress, I know that this approach is recognized, appreciated and makes ADA a trusted partner in advancing public health policy.

Since I first joined as a student, ADA has become the recognized authority in nutrition in public policy. Wellness and disease prevention - the heart of what we do - are at the forefront. Our time is now, and I am honored to help ADA's commitment and expertise contribute to this vital effort."

Please consider voting for Marcia Kyle for Director of the ADA House of Delegates this spring. "The MDA Board of Directors is so proud of Marcy's nomination for this position. Not only is this an honor she well deserves, it helps bring national attention to the quality of MDA's members and the work that Marcy and others have done in our state to promote the RD and DTR," explains MDA President Kitty Broihier. " I encourage all MDA members to support one of our own by voting for Marcia Kyle in ADA's 2012 elections."

Centers for Medicare & Medicaid Services Decision on MNT

The Centers for Medicare & Medicaid Services (CMS) has made a determination to cover an annual visit for intensive behavioral counseling for cardiovascular disease to promote a healthy diet. Despite ADA's advocacy to allow registered dietitians to provide and directly bill for nutrition services provided through this new Medicare preventive service, the decision ultimately limits the services to the primary care setting. RDs should work collaboratively with primary care providers to provide counseling; however, the services would be billed under the physician.

CMS [concluded](#) it lacks statutory authority to include RDs as providers outside of diabetes and end stage renal disease. It will likely require legislation to change the statute to include RDs as providers. CMS is strongly promoting models of coordinated, primary care led by the primary care provider. ADA is strategically working through a variety of initiatives to position RDs as providers of medical nutrition therapy in other disease conditions.

ADA House of Delegates Update

The House of Delegates (HOD) met in San Diego, September 23-24, for the 86th meeting of the House. The first Mega Issue discussed at the meeting was Licensure. Since the dialogue, a motion was passed and guiding principles were developed. ADA's Policy Initiatives & Advocacy Team will be requested to develop a detailed plan of action to address the motion. The actions will encourage all CDR credentialed practitioners to value and understand the benefits of licensure. The team will develop standard messages and a toolkit promoting the value of licensure and educating stakeholder groups.

The second Mega Issue discussed at the meeting was Interdisciplinary Teams. Many future opportunities for RDs and DTRs will involve membership in and leadership on interdisciplinary teams in every work setting. Since the dialogue, a motion was passed by the House; ADA's Professional Development Team will be requested to develop an action plan for addressing skill development related to interdisciplinary teams. RDs/DTRs are encouraged to initiate participation on interdisciplinary teams to enhance services provided to customers and to promote and demonstrate the value of these teams.

For the complete packet of materials for the Fall 2011 HOD meeting, go to <http://www.eatright.org/members/> and log in. On the left, click Governance, then House of Delegates.

For more information about the HOD, contact Maine Delegate Patsy Catsos at patsycat-sos@gmail.com

Shop Amazon for the Holidays and help support MDA's Scholarship Fund.

Click [here](#) to learn more about our Scholarship Fund.
Click the picture to start shopping!

