

## Summer 2015

### A Message from our President

#### Upcoming Events:

**\* Nutrition Symposium:**  
*Outcomes of Malnourished Patients in Cardiac Surgery and Critical Illness-*  
Wednesday September 9,  
2015 7:30 AM-3:30 PM  
Location: Dana Center of  
Maine Medical Center  
22 Bramhall Street  
Portland, Maine

As the end of another successful MAND year closes, I am excited to help lead us into the coming year as the next President of the Maine Academy of Nutrition and Dietetics. Our 300+ dietetic professional members, possessing a wide range of skills, ensures that we fulfill our primary mission: **To serve the public through the promotion of optimal nutrition, health and well being while empowering our members to be leaders in food and nutrition.**



MAND's legacy is created by our many members, volunteers in a wide variety of leadership positions, and countless hours of devotion to the profession. In reflecting on the many accomplishments of last year under the capable Pat Watson (such as expanding turn out for Legislative Day, providing free CPEs and beginning the development of a Sponsorship Policy) it makes me proud to know we also continue to pursue activities that support legislative activities, promote nutrition throughout all the life cycles, and promote MAND as a vibrant body of nutrition professionals.

While our board works to define the tasks for this coming year, we will be guided by those of you who provided responses to the questionnaire we sent out a few weeks ago. We encourage everyone to help direct the work of MAND this coming year by letting us know your thoughts and ideas for ways that MAND can help the profession, help engage our communities in nutrition programming, and educate the public on the benefits of trained dietetic professionals.

- Dave Seddon, MBA, RD, LD

2015-2016 MAND President

## Maine's Senator Collins Received Award from The Academy of Nutrition and Dietetics!



*Senator Collins accepting the Academy Public Policy Leadership Award. MAND members pictured (Florence Baker, Moira Burke, Marcy Kyle and Thomas Merrow) were attending the Academy of Nutrition and Dietetics 2015 Public Policy Workshop in Washington D.C. in June 2015.*

*Picture taken by Senate photographer*

## Outgoing President's Letter

One year ago I wondered what sort of MAND President I might be and what adventure I was about to begin. I knew I would be engaged with the group and its work, and that I had a wish list of things we might accomplish together. I was appreciative of the long line of dedicated past president role models who are still committed to volunteerism and served as mentors for me over the year. However, I recognize that MAND's success is not just attributable to one person or a few people. It's the work of the entire Board and all of you—our members, friends and colleagues—who make our affiliate what it is.



June is a time of change on the MAND Board. We value each and every member of the Board for their work on MAND's behalf. We have several members stepping down from their positions this month—some of whom have been active on the Board for many years. Thank you to all of you for everything you have done for our group and its membership.

I am stepping into my new role as Immediate Past President. So what do I see in store for this next year? I have committed to seeing our first sponsorship policy finalized (stay tuned). I also plan to work on developing a succession training manual for board positions—something we have recognized as a need for several years. I have also agreed to return and co-chair our Food Security Task Force and hope to advocate for a greater role of agriculture in all of our discussions.

I wish only the best for our incoming President and President Elect, Dave Seddon and Andrea Byther. Where do I see myself this next year?... still engaged with MAND, of course!

Have a great summer, everyone!

Pat Watson, MS, RD, LD, CDCE  
Immediate Past President, MAND

## Welcome to our new MAND Board Members!

*We are looking forward to a productive year and are pleased to have these individuals join our MAND leadership team!*

- ◆ Dave Seddon- President
- ◆ Andrea Byther- President-Elect
- ◆ Deborah Brooks- Treasurer
- ◆ Kit Broihier- Education Chair
- ◆ Adrienne White- Delegate and State Professional Recruitment
- ◆ Lorna West-Rhinebolt- Nominating Chair
- ◆ Mona Therrian- Nominating Committee
- ◆ Brenda Wolford- State Regulatory Specialist
- ◆ Barbara Brown- DTR Representative
- ◆ Rachel Hall- Membership Chair
- ◆ LuBett Taquet- Secretary and Career Opportunities
- ◆ Pat Watson- Food Insecurity Task Force Co-Chair
- ◆ Ria Saunders- Food Insecurity Taste Force Co-Chair
- ◆ Florence Baker- Historian
- ◆ Jenny Babino- Newsletter Editor

*MAND wishes to thank our outgoing Board members for their volunteer service to our organization. The following individuals contributed many hours of time and a multitude of talents to our affiliate:*

- ◆ Pat Watson (President)
- ◆ Kit Broihier (Delegate)
- ◆ Krista Gayton (Treasurer)
- ◆ Wendy Lombard (Nominating Chair)
- ◆ Rachel Hall (Secretary)
- ◆ Susan Sullivan (State Professional Recruitment)
- ◆ Kate Gosselin (State Regulatory Specialist)
- ◆ Adrienne White (Education Chair)
- ◆ Kendall Bailey (DTR Representative)
- ◆ Michelle Rand (Membership Chair)
- ◆ Wendy Lombard (Nominating Chair)
- ◆ Liz Moreau (Fundraising)
- ◆ Anh Thu Truong (Career Opportunities)
- ◆ Nicole Nadeau (Food Insecurity Task Force Chair)
- ◆ Garrick Brown (Conference Co-Chair)

There are a number of vacant positions on the MAND Board! Make new friends and professional contacts, help move our affiliate forward, and contribute to your profession—join our team! We are still looking for people to fill the following positions: Conference Chair/Co-Chair, Web Master (must have experience with WordPress sites), and Fundraising.

## Reimbursement Reflections: July 2015

### Helping patients to determine if their insurance policy covers for nutrition counseling.

Spread the word to your friends and relatives that their insurance policy likely covers nutrition counseling with a Registered Dietitian Nutritionist with no deductible or co-pay! That is good news, and is a change from the status quo of even five years ago. There are exceptions- MaineCare only covers counseling for dietitians employed by a hospital. Medicare only covers for the diagnoses of diabetes and chronic kidney disease. And, for some commercial policies that don't fall under the Affordable Care Act mandate, cost sharing still exists.

For a dietitian or a patient to be certain of coverage, verifying benefits is essential. Here are some guidelines and questions to ask when verifying coverage.

### Verifying Insurance Coverage for Nutrition Counseling

Nutrition counseling is considered a preventative service under the Affordable Care Act, and should be a covered service with no co-pay, deductible or co-insurance. However, there are a number of exceptions that limit this, and the only way to be certain of coverage is to ask.

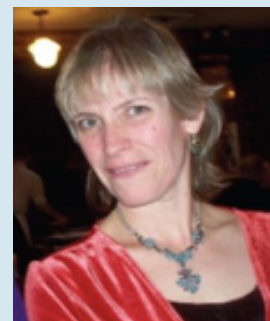
#### *To verify insurance benefits for Nutrition Services:*

Call the insurance provider and have the following information ready:

The Patient's name, patient's date of birth, patient's insurance policy number, as well as the provider's NPI number. You will also need to know the service or CPT code and a diagnosis code or description. (Note: An initial nutrition consult (MNT) is: 97802, a diabetes consult (DSMT) is G0108 and a diabetes class is G0109).

#### *Obtain the answers to the following questions:*

- ◆ *Is this a covered service?*
- ◆ *Is it subject to a deductible? What is the deductible?*
- ◆ *Has the patient's deductible been met this year?*
- ◆ *When does the new deductible start?*
- ◆ *Is there a co-insurance associated with this service? How much?*
- ◆ *Is there a co-pay associated with this service? How much?*
- ◆ *How many visits are allowed?*



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## Delegate Report: Spring HOD Meeting

The spring virtual meeting of the House of Delegates took place May 2-3. As you probably know, the topic was Sponsorship (the second topic, Malnutrition, was postponed until the fall meeting at FNCE). I thank all of you who provided input on the survey I sent around regarding sponsorship—without hearing from you it is hard for a Delegate to feel that he/she is representing the affiliate membership accurately.

Findings from my pre-meeting survey of MAND membership include:

- ◆ 47% appreciate the information provided by Academy sponsors (34% don't find the info helpful)
- ◆ 78% believe the Academy should consider individual brands within a company's portfolio when reviewing potential sponsors
- ◆ 93% would like transparency regarding the Academy's vetting process for potential sponsor
- ◆ 66% disagreed with the Academy refusing all sponsorship (in other words, 66% did *not* think the Academy needs to do away with all sponsorship)

Using this information, I participated in the Spring HOD meeting and did my best to represent my constituents. As you might suspect, it was quite a lively meeting, with lots of opinions voiced and plenty of ideas put forth as well. From that meeting, one motion was developed and approved by the House of Delegates:

**HOD Motion:** *The House of Delegates requests that the Sponsorship Advisory Task Force utilize the Spring 2015 HOD meeting discussions to develop a plan providing clear direction to the Academy, Foundation and all organizational units on how to engage in sponsorship and partnership opportunities. A report from the Sponsorship Advisory Task Force will be presented to the House of Delegates at or before the Fall 2015 HOD Meeting. The final plan will be reviewed and approved by the House of Delegates prior to being presented to the Board of Directors.*

We can expect a report to be provided the HOD and subsequently to the member by Sep. 1. A set of Sponsorship Guidelines will be developed and full transparency to the membership will be part of it.

To read further on this topic, you can access all meeting materials pertaining to the Spring 2015 HOD Meeting on the Academy website (you must log in first) <http://www.eatrightpro.org/resource/leadership/house-of-delegates/about-hod-meetings/spring-2015-meeting-materials>



I have enjoyed representing MAND members as your delegate for the last two years. Adrienne White is now the Delegate for our affiliate. Should you have questions for either of us, please don't hesitate to reach out.

--Kit Broihier, MS, RD, LD