

Fall 2015

A Message from our President

Upcoming Events:

Maine Academy of Nutrition and Dietetics Conference:

Nourishing Change-
Featuring nutrition and cancer survivorship and environmental nutrition: Friday November 13, 2015-
Maine Medical Center
Portland, Maine. To sign up and FMI [click here](#)

Join us for a **FREE Pre-conference get-together on Thursday 11/12/15 from 5-7 PM** at MJ's Wine Bar in Portland; space is limited- if interested in attending [Click here](#) to sign up! (21 and over is encouraged)

***Nutrition-related events being held in your area? Let MAND members know!
Contact Dave Seddon- (president@eatrightmaine.org) to add your event to the newsletter!*

As we move into the more brisk days of late fall, I am hoping that you're continuing to enjoy the seasonal bounty of our great state. I myself enjoyed multiple types of apples and cider earlier this fall- what a great year for apples!

In this season of plentiful produce, it's easy to overlook the struggles that many fellow Mainer's face in order to fill their plates with nutritious food every day. One of MAND's activities includes answering the call for engaging in the battle to help end hunger. We are beginning to do our part through our Food Security Committee's work, and through partnerships with local and statewide organizations. These efforts benefit from many hands, from the MAND Board to our MAND members throughout the state. To all of you who help us in these endeavors, thank you. I know that our members are working to help end hunger in many other ways, and I ask you to send me a note at president@eatrightmaine.org to tell me about how you have been making a difference. I'd like to create a poster showcasing our anti-hunger activities at our Fall Conference to emphasize our profession's outreach efforts.



Our conference takes place on Friday, November 13th at Maine Medical Center in Portland and I hope you'll take advantage of this opportunity to earn CPEs, learn something new and network. And, recognizing that relaxing and catching up with colleagues and friends is important, too, we are also planning a free social gathering at a Portland restaurant the night before the conference. Keep a look out for information on that very soon

Finally, please remember that not only are MAND members active in our own state, but MAND supports the Academy of Nutrition and Dietetic advocacy efforts as well. As efforts such as Diabetes Prevention and Medicare and Child Nutrition Reauthorization legislation relies heavily upon our membership engagement, please respond back to requests for support. Usually these requests require no more than completing a quick, pre-written, one-click email to legislators via the Grassroots Manager part of the AND website.

I look forward to seeing you either at FNCE in Nashville, or at our MAND conference in November!

If you'd like to get more involved with any of our activities or want to ask about positions on the board, please don't hesitate to contact us:

Cheers!

- Dave Seddon, MBA, RD, LD

2015-2016 MAND President

Meet a Member: Ria Saunders, MS, RD, LD



Tell us a little about yourself--

I've lived in Maine my whole life. I was born and raised in Aroostook County and I went on to study at the University of Maine for both my undergraduate and graduate schooling. After graduating in 2013 I moved to southern Maine to live and work. Currently I reside in Topsham, Maine and I am lucky enough to work from home for Community Health Options – a non-profit Member-led health plan that provides health insurance to businesses and individuals in Maine and New Hampshire. At Community Health Options I'm part of the Population Health team. It's an amazing, new roll on a team consisting of Care Managers and Care Navigators that I've had the opportunity to help develop.

As a co-chair of the Food security committee, what are your goals for the year?

My goal for this year is to work with the Food Security Task Force to build a strong foundation with the tools, resources, and knowledge that members of MAND need to tackle the complex issues of food security in our state. We plan to poll our membership and provide education at the MAND Fall Conference to help get the ball rolling, and from there we hope to utilize member feedback to understand where we should be focusing our efforts.

What interested you in becoming a member of the food security committee?

There are many reasons why co-chairing the food security task force interested me. I grew up in a rural town with a low socioeconomic status where a whopping 47% of the students I went to school with were on free and reduced meals. The community rotations within my dietetic internship also exposed me to poverty and broadened my understanding of the many barriers to food security in our state. My current role at Community Health Options includes working telephonically with members of our health plan. These are oftentimes individuals who have never had health insurance, with a low socioeconomic status. These individuals are often food insecure, and a lot of my work includes assessing the food security status and connecting them with resources in their area. All of these experiences have really fueled my desire to raise awareness about food insecurity in our state.

What are your thoughts on the current food security committee- do we need more members? If so, what kind of background should they have?

We currently have 25 members on the food security task force. It is a well rounded group, but more members are always welcome! The perspectives of RDs and DTRs in the clinical and community settings are valued, and may help us identify gaps in education that we can address.

How did YOU first get involved with MAND, and what advice would you give to other young members about getting involved?

My advice would be "just do it!" Young members (students, RDs, DTRs) are the future of our profession, and getting involved is an exciting and fulfilling way to give back and make your voice heard. I got involved by emailing Pat Watson, our immediate past president and food security task force co-chair. She provided me with a variety of opportunities in the MAND Board & Officers, and the Food Security Task Force Co-Chair was a perfect fit!

It is not uncommon for Medicare to audit charges for nutrition counseling that use the Medical Nutrition Therapy (97802-4) and Diabetes Self-Management Training (G0108-9) procedural codes. These audits can be time consuming and very frustrating. It takes time to collect the documentation to send to Medicare, and meeting each of the guidelines to ensure payment can be challenging. To minimize the lost time and maximize reimbursement, you need to understand Medicare rules for paying for nutrition counseling. You can review all of the guidelines for accurate billing for Medicare on the Eatright Pro website/getting paid.

Meanwhile, here are a few key elements of a chart that Medicare scrutinizes for compliance:

Correct referral: diagnosis allowed by Medicare; includes the number of hours; only a MD can refer for MNT.

Correct charges: time in/out matches the hours you charged; the total number of hours matches the referral and what Medicare allows.

Correct Documentation: signed notes from your nutrition consult.



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We're looking for a few new faces!

If you're interested in helping with any facet of MAND's work, from conference planning, to public policy work, to serving in one of our many Board positions, please reach out to us! No matter how much time you have to devote to your professional association, we've got something to fit your schedule and match your interests.

For more information, email:

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