

Spring/Summer 2016

Out-going President's Message

Upcoming Events:

Vitamin Status in Hospitalized Patients symposium

When: 9/28/16

07:30– 3:30 PM

Location: Maine Medical Center Dana Center Portland, Maine

FNCE 2016:

Boston MA-MAND gathering in the works-

More info to come...stay tuned!

As I wrap up my last few weeks as MAND president, I'm struck by how much we—the MAND Board and all our MAND members—have accomplished this past year. I can't thank the board enough for their dedication to the varying tasks to promote legislative outreach, to provide educational opportunities and to continue the journey outlined in our 5 year Strategic Plan.

In addition, we've welcomed opportunities to explore partnerships with many organizations in the state, such as Full Plates Full Potential. We continued our outreach at the 2016 Spring Conference where we co-hosted with Maine School Nutrition Association. This event exemplifies how industry experts, such as dietetic professionals and school nutrition food service directors, can work together to develop and manage comprehensive nutrition programs and influence the nutrition policies that govern schools and other institutions' nutritional needs.

I believe the Maine Academy of Nutrition and Dietetic members continue to grow as unified and powerful nutrition leaders in Maine. I have seen MAND members tackle the lack of awareness around nutrition-related issues such as diabetes, food security, and nutrition and food policy-making in our state. We should be proud for all our amazing efforts, not only in the state but also nationwide in supporting the Academy's drive to continue to be part of national policy decision-making teams that affect the public, such as Child Nutrition Reauthorization, Older American's Act, 2015 Dietary Guidelines, the Farm Bill, and so many more.

I leave you in the capable hands of incoming MAND president, Andrea Byther. I will offer my support to her, as well as to the entire Board and my fellow MAND members in any way I can. I look forward to the impact we can have in keeping our profession strong and influencing so many aspects of our state's and the nation's health.

Cheers,

Dave Seddon, MBA RD LD

Immediate- past President, Maine Academy of Nutrition and Dietetics



Get to Know MAND's President, Andrea Byther

Tell us about some of your career highlights in the field of nutrition.

Becoming certified as a Specialist in Oncology Nutrition is one of my major career highlights. I have been working in the field of Oncology for the majority of my career and I find that it is one of the most rewarding, yet humbling positions. The field of oncology opens your eyes to the simple fact that cancer affects us all in some shape or form and we STILL don't know what all the risk factors are for the disease. It's an evolving and ever-changing field.

Which nutrition "causes" are the most important to you?

Food insecurity is one area in the field of nutrition that deeply affects me, and working as an outpatient RD has opened my eyes even more to this problem. The lack of accessibility to RDs is another area that is important to me. I don't see many RDs represented in primary care physician offices or getting referrals from them. There are many reasons for this, including lack of knowledge on the parts of both the physicians and the public about what RDs can do is one of them, and of course, insurance coverage is another. There is room for improvement!

How has being a MAND member influenced you professionally?

Being involved with MAND has opened my eyes to the opportunities within public policy. Public policy is the area where we should be connecting with state and local leaders to advocate for ourselves as a profession as well as for food insecurity issues, food labeling and production methods, and for even simple matters that influence us personally, such as the length of school lunches for our children. I am a Mom and haven't thought about the length of the school lunches until now- allowing 20 minutes for school lunch is not enough time and likely promotes overeating in the long term when we already have an overweight population as it is. For children who do have limited access to food at home it's frightening to think they be allowed to eat only 20 minutes as a whole (and this doesn't include how long they stand in line waiting, etc.).

MAND has provided me with more opportunities to grow as an RD, but first you need to be actively involved within the organization, and need to take interest in what MAND is doing. Being involved with MAND does not mean simply paying the AND fee and then cruising through the year. It's vital to step out of our silos (the areas we're working in) and start to take action.

What are your goals this year as president of MAND?

As the next MAND president I would like to see more of an interest in e-learning since Maine is such a rural state. Of course, in-person conferences should continue, but I feel electronic learning opportunities should be offered as well. Getting that off the ground may take more time than I have in my year as MAND president, but we are in an electronic age and should certainly capitalize on the opportunity. As the president of MAND I would also like to see more RDs/DTRs stand up for the profession and get more involved in public policy. The field of nutrition is becoming more popular and is expected to grow by 16% by 2024 according to the Bureau of Labor Statistics. I am hoping that more members could band together as one, continuing the momentum we have and fully advocate for our profession..



USDA Summer Feeding Program

Help Spread the Word About Maine's Summer Meals Program!

Although it might not seem like it right now, summer is on its way! While Maine summers are something most residents look forward to, the months when school is not in session can present challenges for some people.

In Maine, over 85,000 children qualify for free or reduced meal prices during the school year. Some schools provide hungry children with breakfast, lunch and after-school snacks. When schools close for the summer, many Maine families struggle to make sure their children have enough to eat.

Please join your fellow MAND members in helping to address this seasonal food insecurity by sharing information about the USDA's Summer Meals Program. The Summer Meals Program is a USDA federally funded, state administered program that provides meals to children aged 18 and under during the summer months. Many families may not know that the Summer Meals Program exists. Last summer there were 400 Summer Meals sites in Maine, and new sites will be added as summer approaches, and throughout the summer months. If you have questions about the program, contact Gail Lombardi, MS, RD at Gail.Lombardi@maine.gov.

Here is some basic information that answers questions that people may have about the program and how to participate:

Do I need to "sign up" or fill out forms in order to eat at one of the sites?

No. There is no paperwork required and no proof of any type of eligibility. The only requirement is that the participant is school-aged (18 or younger).

Where do I find a list of Summer Meals Program sites?

Visit the website: www.fns.usda.gov/summerfoodrocks. Click on "Find Sites" then enter your address; the closest 10 Summer Meals sites will pop up. Click on individual sites to get information including: the site address and directions (walking or driving), meals served, meal times and days of operation. You can print the information as well.

Do I have to go to the site in my own community?

No, participants are free to visit any Summer Meals program site.

How many times per week can someone eat at a Summer Meals site?

Participants may come as often as they like. Some come once a week, some come daily. Although a count is taken at each meal time (but no names), there is no limit on how often someone can come and have a meal.

Reimbursement Reflections: Spring/Summer2016

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As I enter my third two-year term as reimbursement representative for the Maine Academy of Nutrition and Dietetics I reviewed my "job description-" here is a summary of what my position entails:

Reimbursement representatives serve as a local resource for Academy of Nutrition and Dietetics members who have questions about coding and coverage issues. They help facilitate the use of AND coding and coverage resources and also coordinate local advocacy efforts to expand federal and state nutrition coverage policies. If you have any questions, concerns or issues about reimbursement please contact me – my goal is to help you!

I also developed two handouts to help remember all the rules and regulations about providing nutrition services and billing Medicare recipients. The first document is a summary of what you need to know about providing Medical Nutrition Therapy (MNT) and Diabetes Self Management Training (DSMT). For



additional and more comprehensive resources, please reference the AND website (additionally, more comprehensive resources are present on the AND website under the Getting Paid tab) The second document is a check list to make sure that your patient records have all the required components to pass a Medicare audit. *If you would like copies of the documents I created, please e-mail me at: EMolloy@penbayhealthcare.org.*

Let me know if you have questions, or see anything requiring correction.

Eileen Molloy MS, RDN/LD, CDE

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Congratulations to our award winners!

The following MAND members received awards from the Academy of Nutrition and Dietetics:

- ◆ Adrienne White PhD, RD, LD— Outstanding Dietitian of the Year
- ◆ Amy Baker Joyce, MS, RD, LD, CNSC — Emerging Dietetic Leader
- ◆ Krista Enman Gayton, NDTR, LDT — Recognized Dietetic Technician of the Year
- ◆ James Winters — Outstanding Dietetic Student (SMCC)

Highlights of the MAND Legislative Breakfast

The Maine Academy of Nutrition and Dietetics (MAND) Annual Legislative Breakfast was held March 24th, 2016 at the Senator Inn in Augusta. In total, 45 academy members and state legislators were in attendance. This annual event brings together legislators, MAND members, and dietetics students from across the state and provides an opportunity for discussion about our profession, awareness, and advocacy for health and nutrition.

Attendees heard short talks from a few of our members. Eileen Malloy, MS, RDN, LD, CDE, presented: “‘Just the Facts’ Are Not Enough,” and consultations with dietitians are positively impacting patient outcomes. Patricia Watson, MS, RDN, LD, CDE, spoke about partnerships with our community and her experience with food rescue in a hospital’s food and nutrition department. Ria Saunders, MS, RDN, LD discussed how dietitians and dietetic technicians can collaborate with other stakeholders, and how collaboration is the most effective way to improve food security and health in the state of Maine.



Dave Seddon, MAND President, presenting Senator Alfond with his award.

A highlight of the morning was the presentation of MAND’s first annual state Public Policy Leadership Award to Senator Justin Alfond. He was chosen as this year’s recipient for his dedication and determination to end childhood hunger in the state of Maine.

Senator Alfond has worked with the Full Plate Full Potential Initiative to raise funds that connect schools across the state to resources that provide food to eligible children. He was nominated for the award by three University of Maine Master’s students and dietetic interns, Zakkary Castonguay, Tara Gould, and Grace Violette, who have worked with Senator Alfond through Full Plates Full Potential. Members heard Senator Alfond speak passionately about his efforts of ending hunger in Maine.



Senator Alfond presenting his acceptance speech

MAND thanks Patsy Catsos, MS, RDN, LD, Kristine Kitteridge MS, RDN, LD, and Dave Seddon MBA, RDN, for their work in preparing and organizing this event. We hope to see you at next year’s Legislative Breakfast!



Photos courtesy of Marissa Rublee, Dietetic intern

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

- ◆ Andrea Byther- President
- ◆ Dave Seddon- Treasurer
- ◆ Kandi Ward- Nominating committee chair
- ◆ Ria Saunders- Public Policy Coordinator
- ◆ Heather Healy- State Policy Representative
- ◆ Deborah Brooks- DTR Representative
- ◆ Emily Cooper- Web Master
- ◆ Kelley Dow- Consumer Protection

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:

- ◆ Dave Seddon (President)
- ◆ Deborah Brooks (Treasurer)
- ◆ Lorna West-Rhinebolt (Nominating Committee Chair)
- ◆ Kristine Kittridge (Public Policy Coordinator)
- ◆ Patsy Catsos (State Policy Representative)
- ◆ Barbara Brown (DTR Representative)
- ◆ Michelle Miles & Jennifer Minieri (Student Intern Representatives)
- ◆ Ria Saunders (Food Security Task Force Co-Chair)
- ◆ Susanne D'Angelo (Consumer Protection)

Get involved with MAND!

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 including Conference Committee and President-elect.