

LETTER FROM OUR PRESIDENT

Winter is often a time for reflection, and I have been thinking about the journey so far in my role as president of MAND. This three-year position includes one year as President-Elect, one as President, and one year as Immediate Past-President. I am grateful to have had time during my year as President-Elect to learn about how our organization works, what each board member does, who are our members, and best practices for running a board. My time as President is going by in a flash. With twenty-three board members each working on various projects and activities, I am working to support these initiatives related to conferences and education, nutrition advocacy, member outreach and connection, and fiscal stewardship for our membership. Next year I will step into an advisory role as the cycle begins again. Heather Healy, our current President-Elect, is heading to Chicago in the beginning of March for a two day in-person training with people in the same role from across the country. This is an example of the support resources from the Academy that help with this and other board roles.



Upon further reflection, I realize that I now have a much clearer view of the dietetics profession in Maine. I have learned that there are many diverse ways to be an RDN or DTR in Maine, with our members working for hospitals and nursing homes, schools and universities, food service, health insurance companies, informatics, private practice, hospital outpatient centers, and public health – just to name a few! It is interesting how this wide variety of jobs within the dietetics field is developing many different experts within our profession. We are getting certifications in many areas including renal, pediatrics, oncology, obesity, weight control, sports dietetics, gerontology, nutrition support and diabetes education. We recognize the need to keep informed, but also that we need to know how and when to refer to others in the field. And, our skills go beyond just being experts in nutrition; we are trained in the sciences, foods, communication, and leadership. I am proud to be part of this dynamic and versatile group of professionals.

It sometimes feels like there are not enough hours in the day. But, here are some things worth the time:

- * Recognize your peers by nominating someone for an award through MAND or the Academy; more information is included in this newsletter.
- * Consider putting your talents to use by applying for one of the open positions on the board that match your skills and interests; mentoring and training are also available.
- * Pay attention to what is happening with public policy and let your voice be heard—you are the expert on nutrition issues.
- * Join us at the upcoming MAND events – the Legislative Breakfast, and the Annual MAND Conference.

Eileen Molloy MS, RDN, LD, CDE
 President
 Maine Academy of Nutrition and Dietetics (MAND)

UPCOMING EVENTS:

MAND’s Legislative Breakfast and State House Tour: March 7, 2019: Senator Inn– State Room: 284 Western Ave. Augusta, Maine- *more information included in newsletter!*

MAND Spring Conference: April 12, 2019- University of Maine Orono– Wells Commons: *more information included in newsletter!*

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² INTERESTED IN GETTING INVOLVED WITH MAND?

Applications are being accepted for the new board year beginning in June 2019. Positions include:

- Reimbursement Representative, Public Policy Coordinator, DTR Representative, and more!
- Reach out to the Nominating Committee for a comprehensive list and overview of available position descriptions!

Board and officer positions within MAND provide nutrition professionals with opportunities and abilities to directly impact the field of dietetics within the state of Maine. Some things they are involved in include:

- Help with the decision-making as an active board member;
- Show future employers dedication and commitment to the advancement of the role of dietetics;
- Have the ability to learn and grow as a nutrition professional by working with your peers on a shared mission;
- Give back to the field of dietetics;
- Gain personal satisfaction by sharing one's expertise with others;
- Network with other RDN's who share a vested interest in the future of dietetics;
- Obtain 3 CPE per year.
- Visit us at: www.eatrightmaine.org; **Nominating Committee:** 207-460-0550
tara@gmail.com.

Nutrition News to Share in Maine:

Please [click here](#) to share any nutrition-related news from your part of Maine- this can include any new programs or services, information about awards or activities of MAND members, and any other topics you would like to share with the MAND membership. We will try to include any news items in our next newsletter.

MAND HAPPENINGS

Maine Academy of Nutrition and Dietetics 2019 Spring Conference: Friday, April 12th

University of Maine Wells Conference Center, Orono

Registration open now! <https://www.eatrightmaine.org/events>

Conference Topics and Speakers

Why Dietitians Should be Trash Talking Joan Salge Blake, EdD, MS, RDN, LDN, FAND
 Season for a Reason: Spices for the Prevention of Chronic Disease Deborah Cohen DCN, RDN
 Food and Nutrition Legislation and Advocacy Nathaniel Stritzinger MPH, RDN, Kevin Concannon MSW, Past Undersecretary of Health and Human Services
 Current Therapy Options in the Management of Inflammatory Bowel Disease Kay Mullin RDN, LD, CDE
 Culinary Medicine Deborah Cohen DCN, RDN
 Success in Private Practice – The Details Count Karen Patalano MBA RD LDN CDE NHA, Jon Laconte CPA
 Nutrition Focused Physical Exam, Hands-on Workshop Jennifer Minieri, TLD, Mona Therrien DCN, RD, LD
 Sports Nutrition – A Maine Dietitians' Perspective Kelley Dow, RD, LD
 Your Academy in Action Marcia Kyle RDN, LDN, CDE, FAND
 MAND Update Eileen Molloy MS, RDN, LD, CDE

Planning Ahead to Stay before the Conference:

Consider staying at the **Black Bear Inn**, 4 Godfrey Drive, Orono, ME the night before the conference. A block of rooms have been reserved for conference participants at a rate of **\$85 double occupancy**. You will need to call to make your reservation and indicate that you are one of the MAND party. Telephone#: [855-207-1748](tel:855-207-1748)

Pre-conference Social Event Thursday April 11th, 5-7:30 PM

Spend a little extra time visiting old friends and making new connections. MAND will be hosting a reception from 5-6:30 at the Black Bear Inn. Tickets available for this optional event will include a drink ticket and appetizers. All are welcome!

Please Join Us for the 6th Annual MAND Legislative Breakfast and State House Tour- Thursday March 7th!

Please join MAND members, University of Maine dietetic interns and fellow state legislators and representatives for a buffet-style breakfast to discuss how to improve Maine's food and nutrition environment and the health of Maine citizens. We will present our Legislative and Public Policy Award to Representative Patricia Hymanson (District 4) for her support of supplemental nutrition and hunger related relief.

Agenda:

7:00-8:15am: Legislative Breakfast and Award Presentation
 8:30-9:30am: Strategic Plan Discussion and Review (1 CPE)
 9:30-10:00am: Car-pool to State House
 10:00-11:00am: Attend Senate Session
 11:00am-12:00pm: Tour of State House (Hosted by Senator Nate Libby, 1.5 CPE)

MAND members are welcome to attend all or portions of the Breakfast meeting and Tour of State House. If you are able to join, us, please RSVP no later than February 28, 2019- To RVSP, please [click here](#).



WHAT'S NEW: THE ACADEMY

NEW! Health and Wellness Coaching - Online Certificate of Training Program

Develop coaching skills and earn CPEUs with this brand-new online program that exhibits how to facilitate behavior change and promote health and wellness coaching. This program has been developed by the Academy's Center for Lifelong Learning and planned with the Weight Management (WM), Nutrition Entrepreneurs (NE), Dietitians in Integrative & Functional Medicine (DIFM), and Sports, Cardiovascular and Wellness Nutrition (SCAN) dietetic practice groups (DPGs). [Learn more.](#)

Billing Resource Available in Eat Right Store

If you're a registered dietitian nutritionist (RDN) contemplating starting your own medical nutrition therapy (MNT) practice or working as part of a medical practice and wish to bill private insurance for your services, you will need to navigate the complex business world of the Private Payer Market. From obtaining an NPI to completing a 1500 claim form and even handling denied claims, this comprehensive resource is filled with detailed, practical information, advice, and tools to help you get started. [Click here](#) to learn more.

December MNT Provider

Did you know that as of January 1, 2019 RDNs will be eligible to participate in the Merit-based Incentive Payment System (MIPS) track under Medicare's Quality Payment Program? Are you ready to play MIPS? Read the latest issue of the MNT Provider for information on how to play and to learn about "wins" for RDNs in the 2019 Medicare Physician Fee Schedule final rules. [Learn more](#)

Nominate for the Academy's Highest Awards

Recognize those who have advanced the profession, exhibited leadership and shown devotion to serving others in both nutrition and dietetics, as well as allied fields, by submitting an intent to nominate by January 15, 2019 and completing the full online nomination by March 1, 2019. Award recipients will be announced in May 2019 and recognized at the Academy of Nutrition and Dietetics' 2019 Food & Nutrition Conference & Expo in Philadelphia, PA. [Learn More](#)

Academy Webinars: Get CPEs on your own time through the [Academy's Webinar Series](#).

- Nutrition and the RDN in Multimodal Perioperative (ERAS) Protocols
- Sarcopenia: How Muscle Reserves Affect Cancer Patient Outcomes
- Lessons in Leadership: How to Manage Conflict and Ethical Outcomes
- Dietary Factors and Normal Weight Central Obesity: A Chance to Improve Women's Health
- Nutritional Misconceptions Travel Across the Globe: Different Cultures, Similar Observations
- Orthorexia Comes of Age: Perspectives on the Healthy Eating Disorder

