



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](#).

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MDA Election Results

With better than average voter turnout, the following members were elected to positions on the MDABoard:

- Amy McClellan — President-elect
- Georgia Clark-Albert — Secretary
- State Regulatory Specialist — Dona Forke
- Public Relations Chair — Abbey McCarthy
- Nominating Committee — Bridget Amundsen and Florence Baker

Please join us in congratulating our winners! We look forward to serving with them when their terms start on June 1, 2011. To the runners-up, we thank you for volunteering your time and we extend to you and the Membership the opportunity for service in many other appointed positions.

Register For MDA's Annual Nutrition Conference!

Our annual nutrition conference will be held Friday, April 29th at Jewett Hall on the Southern Maine Community College campus in South Portland. Go to <http://www.eatrightmaine.org/id91.html> for our on-line brochure and return the registration page and your check to the MDA address noted on the form by April 12. Six hours of CPE credit have been applied for.

Bonus Opportunity! Nationally-known dietitian, speaker, and career/business and life coach, Jean Caton will lead a career coaching workshop after the conference on April 29th. (separate registration fee — form for this event is included in the on-line brochure.

This session will strengthen business and marketing skills, attract more clients, help you move to the next level in the workplace, or forge a new career path.

Complete with dinner at a local restaurant, this event is limited to the first 25 registrants. Join this unique opportunity to learn in a relaxed, intimate setting.

Katherine Musgrave: A Lifetime of Achievements

A celebration honoring Katherine Musgrave, RD was held on March 5 on the University of Maine campus in Orono. At the start, Katherine personally greeted each of the 80 people who attended. Katherine's daughter, the Reverend Kathleen Bachelder, offered a blessing before the meal and noted how good it felt to hear the special stories about her mom. After a luncheon consisting of Maine seafood selections, several speakers shared their perspectives on Katherine's impact for the profession of dietetics and on them personally. A musical slide show summarized Katherine's life and career milestones. Ed Ashworth, Dean of the College of Natural Sciences, Forestry and Agriculture, praised Katherine's ongoing efforts in teaching and called her his "most cost-effective faculty member."

Although Katherine "retired" from the university in 1986, she continues to teach FSN 101 Intro to Food and Nutrition online to over 500 students per year. Kathy Halpin, a student of Katherine's in the early 1970s, read a poem she wrote for Katherine including the line, "Her accomplishments many, as we are all aware. And she did them with drive and with passion and care." Danny Williams, from the University of Maine Foundation, reminded the group that Stan Musgrave, Katherine's husband, deserved recognition for his support of her career over the years. Dr. Adrienne White talked about the big shoes she had to fill when she took over teaching Katherine's courses in 1988. Debbie Brooks, a former student of Katherine's from 29 years ago talked about the fun she had with Katherine as a teacher and the major influence Katherine had in her career direction. Each person who attended had personal stories to tell of how Katherine has motivated or inspired them, and the talk around the tables was lively.

In lieu of gifts, participants of the luncheon were offered the opportunity to contribute the Musgrave Fund, a scholarship that Katherine established to support dietetic interns at the University of Maine. Susan Davis offered thanks for the donations that were received. Sue Sullivan presented the scholarship to this year's winners, Elyse Peters and Allison Daugherty.

Katherine had the last word of the day. She described how the field of nutrition has changed over the 70 years since she became an "ADA Dietitian", as they were called back in 1942. Early in her career, malnutrition was a main concern across the US. Now, 70 years later, we are dealing with the effects of over-consumption. Katherine urged us to continue to combat the public's myths and misinformation about nutrition. We know she will work hard toward that goal every day!



House of Delegates needs your input

The Spring 2011 House of Delegates meeting is coming up soon, and Patsy Catsos, Delegate for the Maine Dietetic Association and Marcia Kyle, MDA Communications Coordinator and ADA Legislative Public Policy Committee member, would like your input. Please reply by email to patsycatsos@gmail.com or bkyle@roadrunner.com about the following:



Do you have a Mega Issue to recommend to the House of Delegates as a major topic for future deliberation? Mega Issues should pose challenges for the future of our profession and should be of strategic importance. Please identify the context and give some validation for your suggestion as a mega issue.

For examples of recent mega issues, please see the Fact Sheet on the House of Delegates page on the MDA website: <http://www.eatrightmaine.org/id96.html>

The Mega Issue being discussed at the Spring HOD meeting is **Marketplace Relevance** of the R.D. Here is a topic near and dear to all our hearts — job security! Our House of Delegates page (<http://www.eatrightmaine.org/id96.html>) has the Executive Summary, Fact Sheet and full Backgrounder on this important issue. Please share with Patsy and Marcia your thoughts about what will be needed to establish and maintain marketplace relevance in a continuously evolving and competitive environment. Consider perspectives from the following areas: societal, economic, business, legislative, regulatory, health and science advances.

Education Survey on Nutrigenomics

Researchers at California State Polytechnic University – Pomona are conducting a survey to assess the needs of Registered Dietitians for continuing education in the new field of “Nutrigenomics” and its future application as a dietary implementation tool. RDs are invited to take the survey on line at: <http://www.surveymonkey.com/s/nutrigenomicneeds>.

Your responses will be held in strict confidence and your identity will be anonymous. This survey should take 10-15 minutes to complete. Please note that you should take the survey when you have at least 10 minutes, as the survey does not allow for you to exit and then reenter.

More information about the survey is available on the first page of the survey link or contact Wayne R. Bidlack, PhD, Professor in the Department of Human Nutrition and Food Science at Cal Poly -- Pomona (wrbidlack@csupomona.edu or 909-869-2113). Logging into the survey link for more information does not obligate you to take the survey.

Webinar Online

If you missed the March 7 free webinar sponsored by the National Dairy Council on the USDA’s Dietary Guidelines titled ***Dietary Guidelines: A Discussion for Health and Nutrition Professional***, it is now available for viewing at:

<http://www120.livemeeting.com/cc/dairy/view?id=030711&role=attend&pw=view>

Please find the CPE certificate of attendance at http://www.ampevl.com/customers/NationalDairyCouncil/CPECertificate_DGAWebinar.pdf

Katherine Musgrave, Susan Collins join Maine Women's Hall of Fame

On March 11, UMaine Professor Katherine Musgrave and U.S. Senator Susan Collins were inducted into the Maine Women's Hall of Fame. They join more than 30 Maine women who have been so recognized for meeting the Hall of Fame's three criteria: achievements that have had a significant statewide impact, that have significantly improved the lives of women, and that have enduring value for women.

The ceremony was held at the University of Maine at Augusta, which hosts the hall of Fame. Previous inductees since the Hall of Fame was established in 1990 include Sen. Margaret Chase Smith, Sen. Olympia Snowe, Rep. Chellie Pingree, family planning advocate Mabel Wadsworth, home economist Brownie Schrupf, and Olympian Joan Benoit Samuelson.

Katherine, who was nominated by former First lady Karen Baldacci, was recognized for her dedication to nutrition education at the University and for her public outreach through her radio broadcasts and newspaper columns. Sen. Collins was recognized for the bipartisan approach she takes on in her work in Congress.

For the Bangor Daily News story on the induction ceremony, go to:

<http://new.bangordailynews.com/2011/03/19/politics/senator-um-professor-inducted-into-maine-women%e2%80%99s-hall-of-fame/>



ADA Nutrition Practice Guideline Update

The American Dietetic Association's recently updated Disorders of Lipid Metabolism Evidence-Based Nutrition Practice Guideline is now available, free to all ADA Members.

You will find nutrition recommendations within this guideline related to individuals with Disorders of lipid Metabolism, which include the following topics, among many others:

- Medical nutrition therapy and nutrition assessment, monitoring and evaluation
- Cardiac Protective Diet (e.g., Omega-3 Fatty Acids, Plant Stanols and Sterols)
- Micronutrient Intervention (e.g., Antioxidant Supplementations, Homocysteine, Folate. Co-enzyme Q10)
- Behavior/Physical Activity



To access, visit www.eatright.org, sign-in and select the Evidence Analysis Library link on left. Select "Guidelines" and click on "Nutrition Guideline List."

Gov. LePage Proclaims RD Day

State of Maine



WHEREAS, registered dietitians are the food and nutrition experts who can translate the science of nutrition into practical solutions for healthy living; and

WHEREAS, registered dietitians have completed an internship, passed an examination and have degrees in nutrition, dietetics, public health or a related field from well-respected, accredited colleges and universities; and

WHEREAS, registered dietitians use their nutrition expertise to help individuals make unique, positive lifestyle changes; and

WHEREAS, registered dietitians work throughout the community in hospitals, nursing homes and public health clinics; in schools, universities and fitness centers; in food management and the culinary industry; for research facilities and in their own private practice; and

WHEREAS, registered dietitians are advocates for advancing the nutritional status of the people of American and people around the world,

NOW, THEREFORE, I, PAUL R. LEPAGE, Governor of the State of Maine, do hereby proclaim March 9, 2011 as

REGISTERED DIETITIAN DAY

throughout the State of Maine, and urge all citizens to recognize this observance.

In testimony whereof, I have caused the Great Seal of the State to be hereunto affixed GIVEN under my hand at Augusta this sixteenth day of February Two Thousand Eleven.

Paul R. LePage
Governor



Charles E. Summers, Jr.