

Legislative Fitness Day

The Maine Dietetic Association, in partnership with the Maine Diabetes Prevention and Control Program, participated in the Governor's Council on Physical Fitness Day at the State House in Augusta on February 17.

The Hall of Flags was bustling with activity as Legislators and staff visited the various screening booths during the four and a half-hour event. The MDA and Diabetes Control Program offered a diabetes risk screen quiz as well as information on pre-diabetes, carbohydrate counting, foot care and diabetic retinopathy and provided participants with a directory of dietitians throughout the state.



MDA member and DPCP Diabetes Care & Education Specialist Cindy Hale helps a visitor with a diabetes risk screening.

One lucky participant won a beautiful fruit basket. All who participated learned valuable information about the importance of screening and early detection.

Other booths arranged in the Hall of Flags included screening for cholesterol, posture, flexibility and strength as well as body composition, lung function and blood pressure among others.

The event culminated in an award ceremony held to recognize several programs throughout the state that promote and celebrate health and fitness in all populations, as well as to present a Lifetime Achievement Award to Joan Benoit Samuelson.

The event was a success and a great opportunity for Maine dietitians to raise awareness as to our importance as a profession, in disease prevention and health promotion, and to showcase our availability throughout the state of Maine.

in this issue

president's message	2
Anne Schnee Johnson	3
DPCP	4
DENC	6
WOW	7
leadership	8
camp adventure	9
MNT	10
Carb. insert	

A message from — Susanne D'Angelo, president, Maine Dietetic Association

Greetings!

I hope you are enjoying all the snow we are having. Although it's beautiful, I know I am ready for spring and the warm weather. But most of all I am excited about our annual meeting. The conference planning committee has been busy at work for what we all hope will be our best meeting ever. I hope many of you will be able to attend and will also join us at our Business meeting, which will be held directly before the meeting at the Augusta Civic Center. The MDA board is happy to bring back an almost lost tradition of having the business meeting at the annual meeting. Although it is a brief meeting it is a great opportunity for the general population to see our strategic plan in action.

We have taken a very proactive stance this year to address pediatric obesity and in increasing public awareness of our organization. We want the major organizations and the legislators to know we exist, especially this year, when the Maine Legislature has been busy making decisions addressing the epidemic of childhood obesity. In the near future your legislator will be voting on various bills addressing this issue. Please familiarize yourself with the upcoming bills and let your legislator know your thoughts. I have talked with many of you and have heard very valuable, but very different, opinions. This is the perfect opportunity to have us, the dietitians, help make nutrition decisions for Maine's children.

MDA is doing all we can to have our name and mission known in Augusta. On February 17th we attended the Maine Legislative Fitness Day at our state capital. I would like to thank Marcia Kyle, Anne-Marie Davee, Betty Bartlett, Rebecca Smith and many others who helped with the event. It is these small efforts that make the big changes in our profession. Despite her busy schedule with her private practice, Susan Quimby has been working on the issues associated with MNT reimbursement. There is a possibility it may be eliminated and Susan is fighting to keep it alive in Augusta. She has been meeting with insurance company administrators to make them aware of the benefits of MNT. Thank you Susan!

In closing I want to thank all of you for working for your profession. All your efforts, no matter how small, are making a difference in where our job opportunities will lead us in the future. As a professional working in the clinical setting for over 18 years, it is exciting to see that there is a world of opportunities outside of the diet office. This is largely because of all of your efforts and the work of the American Dietetic Association. ADA is so much more than just a journal, IT'S YOUR FUTURE!

Get involved; call one of your board members.

Best Wishes for a safe and healthy spring!

Susanne

Anne Schnee Johnson

Anne Schnee Johnson, a resident of Orono, long-time MDA member, and vigorous advocate for good nutrition, died Dec. 14, 2004, at her home after a courageous year-long battle with cancer.

Anne was born in Ohio on June 16, 1928. She was a 1950 graduate of Cornell University in Home Economics and became a Registered Dietitian at Massachusetts General Hospital a year later. She earned a Master's Degree in Education from the University of Maine in 1984. Maine dietitians and UMaine students remember Anne as Manager of Dining Hall Programs at the University, where she encouraged the use of local Maine foods in the cafeterias and initiated vegetarian meals. She pioneered the formation of Student Nutrition Teams, which provide programs on good nutrition to dormitory residents.



She also started, with student assistants, the Soup Kitchen one night a week, which grew into a much larger facility, several nights a week, all student operated and organized. She mentored many of the young women who worked with her on those projects and remained in good contact with them as they went on to careers and families. She became increasingly aware of the importance of local agriculture and of organic agriculture and worked to educate people about them. She was one of the co-Founders of the Orono Farmers' Market in 1992. A strong supporter of the Page Farm and Home Museum, she served as Chair of the Program Committee for four years, as Vice Chair of the Board in 1997-99, and continued her interest in its programs. Anne was an active member of the Maine Organic Farmers and Gardeners Association and a member of its Education Committee since 1999. She organized the School Garden Network in 2003 to help to support efforts to give children hands-on education and held its first workshop in the fall of 2003.

Anne liked people; she enjoyed meeting them and getting to know them, sharing interests, including them in her activities, and creating and enjoying things together. She was one of those people who light up this world with their generosity, warmth and spirit, an inspiration to never stop trying to make good things happen, to surround one's self with interesting and engaged people, to think, to question, to laugh and to have a large pot of soup handy. She worked hard to make friends and had a large number. We all will miss her greatly and send our condolences to her family.

Restaurant bill fails

A bill that would have required chain restaurants to post calorie and other nutrition information, apparently has failed in the Maine Legislature. After a public hearing on Feb. 10, the Committee on Business, Research and Economic Development voted overwhelmingly against forwarding LD 110 to the full Legislature. In addition, Gov. John Baldacci had stated his opposition to the bill.

The bill was part of a package of proposals developed by the Commission to Study Public Health to combat obesity in Maine. Two other bills – one focusing primarily on promoting healthy lifestyles among state employees, and the other, on nutrition and physical activity in schools, are still under consideration. Contact your local legislators for information or to express your views.

DPCP conducts assessment and planning — Cindy Hale

The Maine Diabetes Prevention & Control Program (DPCP) located in the Division of Community Health, Bureau of Health, Department of Health & Human Services, is embarking on its 27th year. This state-based program is supported by a grant from the Centers for Disease Control and Prevention, Division of Diabetes Translation.

In spite of these many years of work by the DPCP and other health care partners to reduce the morbidity and mortality associated with diabetes, Maine continues to face this serious health challenge. In 1982, the estimated prevalence of diabetes in Maine was 2.4 percent; about 20,000 people. A little over 20 years later, the estimated prevalence has tripled and as many as one in ten Maine adults have diabetes. One out of three people with the disease remain undiagnosed. In Maine, that accounts for more than 36,000 of our citizens.

Diabetes is a costly disease that can result in serious complications if left uncontrolled. It is the leading cause of end-stage renal disease and non-traumatic lower extremity amputations, as well as a primary cause of preventable blindness. People with diabetes have a two to four times' greater risk of developing cardiovascular disease than people without the disease.

Despite these frightening statistics, there is good news about diabetes. Many of the complications from diabetes can be avoided through self-management and regularly scheduled diabetes medical care.

Type 2 diabetes accounts for approximately 95 percent of all diagnosed cases. Pre-diabetes, which occurs for several years before developing into type 2, is estimated to occur in 40 percent of people aged 40 to 74. In Maine, using 2000 Census data, about 22,000 people in this age group are estimated to have pre-diabetes. Recently, the results of two major studies showed that type 2 diabetes could be prevented or delayed in many people with lifestyle modifications, including increased physical activity and modest weight loss. This is very important and encouraging news considering the rapid rise in Type 2 diabetes in our society.

Assessment of Maine Diabetes Health System and Subsequent Strategic Planning

In the fall of 2003, in line with CDC recommendations, the Maine Center for Public Health (MCPH) worked with the DPCP to conduct a rigorous systems-based assessment of the diabetes health system. An assessment tool based on the National Public Health Performance Standards (NPHPS) was used to identify strengths, limitations, gaps, and needs. All diabetes-related efforts in Maine were considered in the assessment and a broad range of partners was included.

The results of this effort were used to coordinate a strategic planning process. Five topic areas were identified: Policy/Finance, Care Delivery, Education, Health Promotion and Prevention, and Data/Surveillance. Stakeholders representing all aspects of the delivery system were present to identify strengths and weaknesses of the current system and to develop short- and long-term objectives for a more comprehensive and successful plan for diabetes care. The recommendations and strategies included in this plan should reduce the burden of diabetes in Maine and prevent future cases from impacting the personal and economic health of all Mainers.

As a result of the strategic planning process, the DPCP and its partners will begin work on the following recommendations and strategies related to the five topic areas:

DPCP (cont.)

Policy/Finance

- Develop statewide Diabetes Advisory Group
- Develop communications plan
- Participate in Ambulatory Diabetes Education and Follow-Up (ADEF) Program barriers study and plan development
- Develop diabetes health system workforce
- Begin to develop cross-cutting efforts

Care Delivery

- Advocate for policy changes
- Develop one care management process
- Regionalize care plans
- Create local diabetes market analyses

Education

- Promote “best practice” standards for education
- Participate in ADEF Program barriers study and plan development
- Identify cross-cutting chronic care resources
- Create education clearinghouse

Health Promotion and Prevention

- Expand diabetes primary prevention activities
- Develop an ongoing public awareness campaign that communicates the risks, burden, and response to diabetes and pre-diabetes

Data/Surveillance

- Participate in ADEF Program barriers study and plan development
- Enhance lab results
- Create statewide diabetes registry
- Implement surveillance evaluation
- Coordinate efforts to hire Geographic Information System (GIS) professional
- Develop care delivery data compatibility

Given the rising prevalence of diabetes and pre-diabetes, the DPCP is looking to its partners in health care to begin work on implementing the diabetes health system strategic plan. Nutrition professionals are key members of the team assisting individuals with and at-risk for diabetes in self-management and lifestyle changes which result in optimal health. If you or your organization would like to learn more or be involved in any of the above recommendations and strategies, please contact Cindy Hale, Diabetes Care & Education Specialist at 287-2907, lucinda.a.hale@maine.gov or Jim Leonard, Program Director, 287-2906, james.f.Leonard@maine.gov. The DPCP looks forward to collaborating with partners especially nutrition professionals in this important work.

DENC opportunities — Heather Leclerc, MS, RD, CDE

The Diabetes, Endocrine and Nutrition Center (DENC) of Eastern Maine Medical Center (EMMC) offers a variety of programs and services to people in the greater Bangor area and beyond. Referrals are required for all services: adult and pediatric diabetes treatment and education, adult and pediatric endocrine consults, Medical Nutrition Therapy (MNT), psychotherapy, and the Surgical Weight Loss Program. The staff of the DENC consists of two full-time and two part-time physicians, one Physician Assistant, six dietitians, one counselor, four nurses and seven support staff. The DENC is considered a physician practice of EMMC. I share management responsibilities at the center with a diabetes nurse educator. The administrator of the DENC is the Chief Medical Officer.

Five of the six dietitians are also Certified Diabetes Educators. Once dietitians pass the CDE exam, their positions are changed from Dietitian to Diabetes Educator, with a pay grade equivalent to the DENC nurses. Diabetes educators conduct point-of-care testing. Other duties include making insulin adjustments, educating patients on the use of blood glucose meters, adjusting basal and bolus insulin rates for pump patients, and teaching patients how to draw up and take insulin. MNT is also provided by all dietitians for patients with diabetes and other nutrition-related disorders. Liane Giambalvo, MS, RD, LCPC is the Center's licensed counselor. She also assists in providing MNT visits.

I have worked at the DENC for over 16 years. It has taken many years and a lot of effort to move these changes forward in our department. We struggled in the past to achieve the recognition that dietitians are fully capable of serving various functions within our department. This requires a team that appreciates the education, training and experience of a registered dietitian. It also requires a team that is open minded and non-territorial. I believe that we have such a team at the DENC.

The clinical coordinator of EMMC's Surgical Weight Loss Program is Lynn Bolduc, MS, RD, CDE. Several years ago, when the hospital was planning a coordinated approach to the treatment of surgical weight loss patients, they needed a clinical coordinator. There were some who automatically assumed that a nurse should fill this position. The surgeons stood by Lynn and she was promoted to the position. Lynn had worked for years providing MNT for these patients. During that time, she demonstrated a commitment to providing quality care and an interest in coordinating the program. She has developed an excellent program at EMMC and has earned the respect of the other team members.

Liane Giambalvo, MS, RD, LCPC started her career as a dietitian. She quickly became interested in the psychosocial reasons underlying disordered eating. Liane enrolled in a Masters program at the university and became a Licensed Certified Professional Counselor. She provides cognitive behavioral therapy to patients who are referred to her.

I am always thrilled to see dietitians break out of traditional roles and branch out into areas that use their many talents. At our institution, we have had dietitians become administrators, clinical coordinators, counselors, department heads and diabetes educators. Some of our dietitians have left the institution to become pharmaceutical representatives and some of those have moved up the ranks in the drug industry.

For those of you still struggling with coworkers and managers who want to limit your roles and talents, I can say that we were there once and this process can take months or years. I would be happy to share my ideas of how you can move this process forward.

Heather Leclerc, MS, RD, CDE is clinical supervisor of the Diabetes, Endocrine and Nutrition Center at EMMC. Her e-mail address is hleclerc@emh.org

WOW on April 6th

WOW – Wellness Options for Women is the theme of the 2005 joint conference sponsored by the Maine Nutrition Council and MDA on April 6th at the Augusta Civic Center. This informative day will offer expert speakers on a wide variety of issues concerning women's health.

Registration begins at 7:30 am, followed by an MDA breakfast meeting at 7:45. Opening remarks by MDA President Susanne D'Angelo and Gail Lombardi of MNC.

The opening plenary session will feature Dr. Susan Calvert Finn (see story below), whose topic will be *The Best Opportunity to Improve the Health of Women*. The morning ends with four concurrent sessions: *Osteoporosis*, with UMaine professor and noted researcher Dr. Cliff Rosen; *Metabolic Syndrome*, with Cathy Nonas, MS, RD, CDE, of the Obesity Research Center at St. Luke's-Roosevelt Hospital in New York City; *Women as Decision Makers*, with Dr. Finn; and *Fats, Fads, Fact: Feeling Good about Food*, with Dr. Derrilla McCann, Maine cardiologist and President of the Capital Area Division of the American Heart Association.

The Mid-day Plenary will offer a panel on women's health (breast health, smoking and HIV). Panelists from the Maine Bureau of Health will be: Sharon Jerome of the Breast & Cervical Health Program; Cathy Ramaika of the Partnership for a Tobacco-free Maine; and Bethany Sanborn of the HIV/STD/Hepatitis Program. The afternoon concurrent sessions are: *Metabolic Syndrome* with Cathy Nonas; *Change: Use It Rather Than Be Changed By It*, with psychologist Jeanne Sexson; *Addressing the Challenges of Polycystic Ovary Syndrome*, with former MDA President Pamela Stuppy, MS, RD; and *Nourishing Ourselves Through Menopause and Beyond*, with Jane Gerlach, MS, CNM. *The Closing Plenary is Lighten Up and Live*, with Jeanne Sexson.

Meet Dr. Finn — Betty J. Bartlett, Ph.D., RD, LD

Susan Calvert Finn, the keynote speaker for the MNC/MDA Spring Conference, has enjoyed a most remarkable career as a leader in the dietetics profession, and as a respected leader in the nutraceuticals industry.

For many years she was the Director of Nutrition Services at Ross Products/Abbot Laboratories, and was president of the American Dietetic Association in 1992-93. She was the guiding light behind ADA's Ambassador Program to better market the profession and to help dietitians become more adept at media relations. Under her directorship, Ross partnered with the Academy of Family Practice to develop the Nutrition Screening Initiative, a system now widely used for identifying elderly at nutritional risk.

Dr. Finn is especially interested in obesity and women's health issues, and has lectured and written extensively on these topics. She co-authored the 1995 ADA position paper on Women's Health and Nutrition. She is now the Director of Industry Communication and Research in the Department of Nutrition at the Ohio State University. She explains in a 2001 article that the necessity of reinventing oneself, of taking on new challenges, and of nurturing creativity in oneself is a pathway to a successful career in dietetics. She has certainly demonstrated those strategies for us all over the years. Don't miss this opportunity to hear her speak on the future of dietetics and nutrition, and to find out where she is headed next.

ADA Leadership Conference — Kathryn O. Musgrave

Two hundred and fifty participants gathered in St. Petersburg, Florida for a four-day Leadership Institute by the ADA Leadership Task Force. Dynamic speakers kept us wired to accomplish the three overall goals: strengthen leadership performance for application in practice by ADA members within our own organization; assist members to master change in our environment; and advance the goals of the profession as expressed in ADA's mission and vision.

Susan Scott, author of *Fierce Conversations- Achieving Success at Work and in Life, One Conversation at a Time*, defined a fierce conversation as one in which we come out from behind ourselves, into the conversation and make it real. She listed the four objectives of fierce conversations: interrogating reality; provoking learning; tackling tough challenges; and enriching relationships. Her presentation was inspiring with examples of better decisions being made after exploration of multiple points of view, but obeying one's instincts. She illustrated advantages of an open culture that identifies and addresses issues truthfully and effectively by engaging in effective, consequential conversations that resolve tough challenges.

That same day, Mark Levin drew on his corporate and association experience to discuss the value of having an effective committee structure. I liked his definition of practical consensus as everyone agreeing to support the decision of the committee or organization once it is made. Since the biggest obstacle to getting more professionals involved in association activities is the concern about the amount of time they are being asked to commit, he recommended that more positions be filled by co-chairs, and that clear definitions of expectations be provided to the one being solicited.

The facilitator for the Institute, Mary Beth Fidler, led us in examining our own values and those of our organizations. She recommended learning to accept and express ourselves; to set expectations on the future and what could be, not on the past.

To start our second day, Gervase Bushe proposed that we engage in an “appreciative mind-set” that “tracks” what we want more of -- not what is wrong with our organization. His definition came from an African war lord who said that the master tracker is able to see what she or he wants more of as actually being there. Clarity comes from clearing out the interpersonal “mush, and clear leadership is about creating clarity in every interaction and every group we are members of. I envisioned all MDA members as leaders.

Cate Bower, a Certified Association Executive, helped us examine how the House of Delegates manages its responsibility to govern the profession by ensuring sufficient time for dialogue about the issues of strategic importance. . She reminded us that the House is not empowered to execute any strategy or action for the Association, but it recommends actions to the ADA Board .

We were honored to have the ADA presidents -- past, Marianne Smith Edge; present, Susan Laramée; and elect, Rebecca Reeves -- with us. Affiliate presidents and presidents-elect met for the last session to brainstorm the topic of member value, and to discuss affiliate- and district-based programs.

The question of whether we need to get together in our districts comes to mind. We need input from members, so please let someone on the board know your opinion and seriously consider volunteering to serve on a committee or on the board. We need to have a fierce conversation with each of you.

Camp Adventure

Hiking, biking, canoeing, horseback riding, swimming and roller skating – sounds like a fun-filled summer, doesn't it? Add an expert staff of health-care providers and you have Camp Adventure, a safe and exciting learning experience for kids ages 11 through 17 with diabetes.

Cary Medical Center of Caribou has been offering this opportunity at The Park in Mapleton for seven years. By combining fun with education and counseling by a caring staff, adolescents with diabetes develop greater independence and learn to accept responsibility for self-management.

Ann Gahagan, a Nurse Practitioner who volunteers at the camp, says this combination “is really magic; it's like pixy dust has been sprinkled on the boys and girls. The philosophy is to challenge the children to understand their disease in an environment that is safe and supportive.” Ann notes that one boy who was a camper at age 16 now is back as a counselor.

The staff includes an endocrinologist, physicians, FNP-Cs, registered dietitians and nurses, certified diabetes educators, lifeguards, registered Maine Guides, and EMT-paramedics. Representatives from pharmaceutical companies also spend a day at camp. This year's camp will be held from June 19-24. For more information – or to volunteer to serve on the staff – contact the Cary Diabetes Department at 207-498-1283, or e-mail Lynn James (ljames@carymed.org) or Kathy Burden (kburden@carymed.org).



Honor Roll

The success of Camp Adventure would not be possible without the volunteers who give their time and expertise. The Maine Dietetic Association salutes those volunteers by dedicating this issue's Honor Roll to them:

Dr. Krystyna Tuckerman; Dr. Mark Henderson; Dr. Jerry Olsham; Dr. Kristina Sanden; Dr. Todd Stapley; Dr. Sushari Rutledge; Dr. Ray Byers; Danna Green PAC; Connie McLellan RD, LD; Julie Barnes RD, LD; ED Manion RD, LD; Lori Brown RD, LD; Reggie Murray RN, CDE; Linda Butler RN; Bonnie Stone RN, CDE; Sally Paterson RN, CDE; Paula Ward RN; Tina Douin RN CDE; Kathy Burden RN, CDE; Lynn James RN, CDE; Ann Gahagan RN, CDE, FNP-C.

Also Rob Kieffer, Maine Guide; Scott Arnt, Maine Guide; Mike McCarthy EMT-Paramedic; Lionel Douin, EMT-Paramedic; Tara Gahagan Taggett WSSI, Lifeguard; Justin Baker, Lifeguard; David Nelson, Lifeguard/Jr. Counselor; Tyler Lancaster, Lifeguard/Jr. Counselor; Jazmine Bragdon Jr. Counselor; Brit-tany Gereben Jr. Counselor; Erica LaPlante Jr. Counselor; Andy Pooler Jr. Counselor; Mark Shea, Caribou Rec. Dept; Julie Nason MMC; John Masters, Therasense Rep.; Jeffy Dery, Aventis Rep.; Jake Nelson, Bayer Rep. Thanks, everyone!

MNT review and guidelines

Medical Nutrition Therapy is an integral part of diabetes management and self-management education. Historically, MNT recommendations have been based on scientific evidence or, when evidence was not available, on clinical experience and expert consensus.

However, diabetes professionals know that it often is difficult to know the soundness of that evidence, and that experience and consensus at times can perpetuate practices that have little real value. The “ideal” nutrition prescription remains elusive.

To address these problems and to incorporate the research done over many years, a 2002 technical review published in The American Diabetes Association journal, *Diabetes Care* provides principles and recommendations classified according to the level of evidence available. It reviews the evidence from randomized, controlled trials; cohort and case-controlled studies; and observational studies, and takes into account the number of studies that have provided consistent outcomes of support. In this review, nutrition principles are graded into four categories based on the available evidence: those with strong supporting evidence, those with some supporting evidence, those with limited supporting evidence and those based on expert consensus. MDA members will be interested to know that the reviews finds that the outcome studies reviewed show superior results when MNT is provided by Registered Dietitians. Access this valuable report on-line at <http://care.diabetesjournals.org/cgi/content/full/25/1/148>.

The “Nutrition Recommendation and Principles for People with Diabetes Mellitus” provide MNT guidelines for the home setting. They do not, however, include information on how to incorporate the guidelines into health care facilities. A January 2004 ADA position paper, “Diabetes Nutrition Recommendations for Health Care Institutions” is based on the technical review described above provides this essential translation.

The paper provides guidelines on a number of issues, such as: self-management education in acute care facilities; long-term care facilities; special nutrition needs; and educating health care professionals and administrators. Improving coverage and reimbursement requires that the positive impact of MNT on medical outcomes, patient quality-of-life, and cost-effectiveness are known. The information in the review and the position paper are essential.

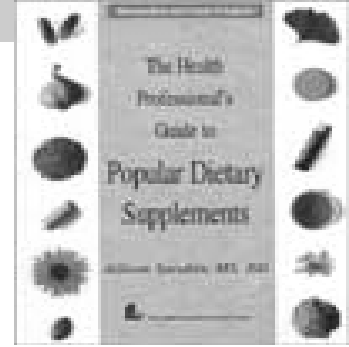
Thanks, Sharon!

Sharon Spencer has been on the MDA Nominating Committee for two years. She has recently resigned after completing the work of recruiting nominees in order to accept a new position with the Metabolic Support Service at Brigham and Women’s Hospital in Boston. Her last day at Eastern Maine Medical Center was in mid-February. MDA members thank Sharon for her service to our association and wish her well in her endeavor.

As a result of this vacancy, members will be asked to vote for two seats on the Nominating Committee on this month’s ballot.

Recommended Reading — Eileen Malloy, MS, RD, CDE

The Health Professionals Guide to Popular Dietary Supplements, 2nd edition, by Allison Sarubin Fragakis, MS, RD



This book is one of the most frequently used references in my nutrition consulting practice. It provides a quick synopsis of commonly used nutritional supplements, from acidophilus to coenzyme Q10 to zinc. Each entry includes media and marketing claims and their efficacy, key points, food sources, dosage information and bioavailability, safety information, and drug/supplement interaction. It also provides a summary of relevant research and references. This is a helpful resource for checking on an unfamiliar supplement that a patient is taking, or for educating yourself about the multitude of supplements on the market.

Save the date

April 27 — Nutrition, Food and Physical Activity Symposium. Sponsored by the University of Maine Cooperative Extension, 8 am- 3:30 pm, Wells Common, University of Maine, Orono. For more information, contact Kathy Savoie at 1-800-287-1471 or ksavoie@umext.maine.edu

May 12-13 — Atlantic Healthy Eating Conference. Sponsored by Dietitians of Atlantic Canada, Delta Prince Edward Hotel, Charlottetown, PEI. Event features Ellyn Satter and Dr. Gail McVey. For more information, go to www.dieticians.ca. View the brochure at www.gov.pe.ca/go/atlantichthyeatingconference. Or contact Marina Fay at 902-894-0247, mafay@ihis.org.

MDA awards

MDA Members have the opportunity to nominate RD's and DTR's annually for various awards. The awards include Recognized Young Dietitian of the Year, Recognized Dietetic Technician of the Year, Outstanding Dietitian of the Year and Emerging Dietetic Leader of the Year. Qualifications include demonstration of leadership in areas such as legislation, public relations, education, research, community outreach, management and other areas related to our profession. The Recognized Young Dietitian must be 35 years or younger.

Many MDA members deserve these awards so take a minute and think about someone you know to nominate. E-Mail Kathy Halpin the names(s) as soon as possible and she will then contact you for more information to complete the nominations. Members will be selected and names forwarded onto ADA for recognition. Please send the names no later than March 9th. Kathy's e-mail address is halpik@mmc.org. Thanks for your help and support!

MDA Board Directory

President

Pamela Stuppy
P.O. Box 251
York Harbor, ME 03911
W: 363-8392
H: 363-6433
pamstuppy@aol.com

President-Elect

Susanne D'Angelo
35 Justins Way
Freeport, ME 04032
H: 777-8613
sd'angelo@sochs.com

Secretary

Elizabeth Bagonzi
10 Charlotte Drive
Falmouth, ME 04105
W: 871-2511
H: 797-0972

Treasurer

Karen Schilling
55 Brookside Road
Portland, ME 04103
W: 871-2520
H: 773-9908

Delegate

Anne Marie Davee
28 Meadow Lane
Freeport, ME 04032
W: 885-7186
H: 865-4436
adavee@hannaford.com

Policies and Procedures

Suzanne Bazinet
8 Buena Vista Drive
Augusta, ME 04330-4002
H: 626-0313

National Legislation

Pat Watson
PO Box 297
Casco, ME 04105
W: 743-5933
H: 627-4425
watsonp@wmhcc.org

NSPS Chair

Sue Quimby/Judy Donnelly
Nutrition Works
499 Stevens Ave.
Portland, ME 04101
W: 772-6279

Council on Practice

Eileen Smith-Porter
1849 Ohio St.
Bangor, ME 04401
W: 973-8251
H: 945-5078
alphawulf@juno.com

COP Elect

Kathy Halpin
328 Woodville Road
Falmouth, ME 04105
W: 871-2511
H: 878-3276

Nominating Committee Chair

Chris Sady
295 Water Street
Augusta, ME
W: 626-5242
H: 236-2442
chris.sady@state.me.us

Nominating Committee

Mona Van Wart
HC 68 Box 101
Meddybemps, ME 04657
W: 454-9218
H: 454-8248

Nominating Committee

Sharon Spencer
Apt. 18
323 Husson Ave
Bangor, ME 04401
W: 973-8239
H: 947-4811

Website Coordinator

Public Relations Committee

Katharine Thompson
119 Whitten Hill Road
Kennebunkport, ME 04046
W: 283-0170 ext: 2216
H: 967-4901
kthompson@mailbox.une.edu

Career Opportunities

Karen Stewart
P.O. Box 64
Farmington, ME 04938
W: 779-2656
H: 645-5161
kstewart@fchn.org

State Legislation

Joan Atkinson
Muskie School
295 Water Street
Augusta, ME 04330
W: 626-5033

Licensure Liaison

Mary McHugh
6 Loveitt Street
S. Portland, ME 04106-3128
W: 283-7242
H: 767-3419
dt.mbm@smmc.org

Archives

Alola Morrison
1190 Center Drive
Orrington, ME 04474
H: 825-3735

Education

Adrienne A. White
12 Dodge Street
Bangor, ME 04401 or
5749 Merrill Hall
Orono, ME 04469-5749
W: 581-3134
H: 947-4379
awhite@umenfa.maine.edu

Public Relation Chair

vacant

DTR Representative

Shirley Wallace
216 Alfred Street
South Portland, ME 04106
W: 871-2511
H: 799-8026

Media Representative

Southern Maine

Debbie Pepper-Dougherty
22 Wildwood Blvd
Cumberland Foreside, ME 04110
W: 854-3663
H: 781-4410

Communications Coordinator

Media Representative

Northern Maine

Marcia Kyle
PO Box 938
Rockport, ME 04856
W: 596-8535
H: 236-6838
bkyle@prexar.com

Hope to hear from you!

Have a question? An opinion? A comment? Even a disagreement?

This newsletter is your forum to discuss any subject of concern to our profession and our association. Brevity helps — use 200 words or less as a guideline.

MDA members also are invited to submit longer articles — book reviews, educational materials, anything in your area of practice — with 500 words a good rule of thumb. Plan on an Aug. 1 deadline. Please send your submissions to the eatrightmaine.mda editor at:

Marcia Kyle, RD, LD, CDE
P.O. Box 938
Rockport ME 04856
bkyle@prexar.com

MDA phone:

Debbie Pepper Dougherty
854-FOOD (3663)