

# Fall 2018

#### LETTER FROM OUR PRESIDENT

I am writing this note after having recently returned from FNCE in Washington, D.C. where about 11,000 Academy of Nutrition and Dietetics members gathered. It was an amazing group of people with a shared passion for food, nutrition and healthy eating; so much to see, do and learn about! FNCE was preceded by the House of Delegates meeting and followed by the Public Policy Workshop. Those of us that attended can share the energy and enthusiasm of the week by generating our own Maine version



of this excitement at our annual conference on April 12, 2019! Save the date and share your ideas about topics and speakers you are interested in.

On October 25<sup>th</sup>, MAND held its first Online Member Forum using Zoom to connect virtually with each other. We are spread out geographically but can still network with other dietetics professionals without even leaving home. Using technology, we hope to foster more of these discussions and to make sharing your ideas, concerns and insights with other members easier. For example- if you have nutrition-related news to share with your fellow MAND members and you'd like that information to be included in our MAND newsletter, you can share that with us via this link- <a href="Mutrition News">Nutrition News</a> to Share in Maine.

Being president of MAND has given me so many opportunities to learn about our profession and has opened my eyes to the amazing variety of work that our members do in the field of nutrition and health. Beyond the professional networking, it is a great pleasure to get to know other members of MAND on a personal level. There are so many more of us to meet and connect with and I look forward to more opportunities to do this over the next months.

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

#### **UPCOMING EVENTS:**

MAND Spring Conference: April 12, 2019 – more info to

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The 100th House of Delegates (HOD) Meeting was great! Delegates met prior to FNCE on October 18-20, 2018. Our purpose was to discuss the current structure of the House of Delegates and how the delegates would like to see the House governance designed to best support and advance the Academy's Strategic Plan as we look forward to the next 100 years. To remind you, the Strategic Plan includes the vision for a world where all people thrive through the transformative power of food and nutrition by focusing on:

- 1) prevention and well-being
- 2) healthcare and health systems, and
- 3) food and nutrition safety and security.



In preparation for the meeting, I sent a survey to MAND members at the end of September to ask what you need or want from the House of Delegates and the ways you would like to share input with the House. Much of the feedback I received was consistent with what other delegates also heard from their constituents across our United States: Our priority is to develop a system that can be fast, fluid, and flexible. For you who responded to the survey, you want to use easy ways such as tweeting to convey opinions, ideas and comments, while maintaining representative leadership provided by the delegate structure; you also like sharing input using online surveys as well as face-to face communication.

All the information collected during the HOD will be addressed by a special team called the HOD Evolution Designers who will work on models of governance that will provide greater member input, agility, and transparency. The Maine nutrition and dietetic community has a wonderful representative on the team, Marcy Kyle; Marcy just finished her first year as Speaker of the HOD.

Delegates at the fall meeting also addressed issues facing the profession to provide input to the House Leadership Team as they plan for the spring meeting. We had a dynamic discussion comparing issues raised by the delegates, the Academy's focus areas, and change drivers that will affect our future practice. Some issues discussed included the increasing population of aging and diverse Americans, the focus of healthcare on the population's health and food as medicine.

Please see the infographic included in this newsletter on the next page entitled: Fall 2018 House of Delegates Meeting Recap: Leading Together for Good Governance. It is a great overview about what happened at the meeting, where you can find meeting details, and the next steps for the 2018-2019 year.

I would love to hear from you with any comments you have. Also watch for my requests for input, especially as we near the HOD spring meeting, which will be March 30-31, 2019.

Adrienne A. White, PhD, RDN, FAND

Delegate

## **Attention MAND Members!**

The Maine Academy of Nutrition and Dietetics is currently seeking speakers for our April 12<sup>th</sup> 2019 Spring Conference to be held at the University of Maine, Orono. This is a great way to take your career to another level! We want to hear from you as we value your expertise! If you are interested in presenting at our conference, please fill out the *Call Out* for *Speaker Form* and we will contact you.

### Fall 2018 House of Delegates Meeting Recap: Leading Together for Good Governance

#### **House of Delegates**

During its 100<sup>th</sup> meeting on October 19-20, 2018 in Washington, D.C., the Academy of Nutrition and Dietetics House of Delegates (HOD) discussed the topic *Leading Together for Good Governance*. Delegates and meeting participants engaged in conversation about what the HOD needs and wants to be in the future to best support the Academy's Strategic Plan. They also heard a trends presentation and participated in a discussion on scanning professional issues.

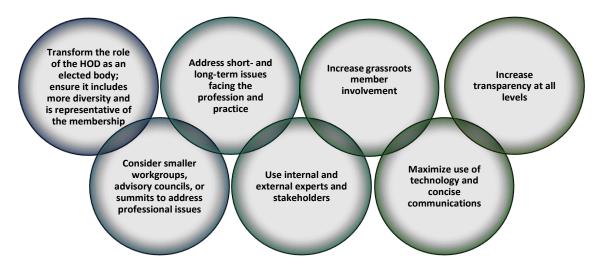
Mega Issue Question: Going into the Second Century, how do we design an engaged HOD to best support and advance the Academy's Strategic Plan?

#### **Objectives**

- 1. Identified the overall future purpose of the Academy's HOD.
- 2. Confirmed how our desired culture impacts our ultimate decisions regarding the mega issue.
- 3. Come to consensus on the features of a model for further exploration that position the HOD to best execute its desired role.

## Key Features for the Future HOD

The delegates considered culture, process, and structure as they generated key features important to the design of the future HOD. See the full meeting discussions in the compiled HOD Workbooks.



The HOD Evolution Designers, selected based on their application submission, consists of HOD Delegates and Academy Board of Director members. This group is tasked with developing potential option(s) for an engaged HOD that is best positioned to execute its desired role in supporting and advancing the Academy's Strategic Plan. They will use the pre-meeting feedback from constituents and delegates, HOD Backgrounder, presentations, HOD Culture Survey and Culture Team work, and the workbooks from the dialogue discussions to inform their work.

#### **HOD Evolution Designers**

Annette Maggi, MS, RD, LD, FAND, Co-Chair Meg Rowe, MS, RD, LDN, FAND, Co-Chair Susan Brantley, MS, RDN, LDN, FAND Karen Beathard, MS, RD, LD, FAND Catherine Christie, PhD, RDN, LDN, FAND Ann Ditzler, MBA, MS, RD, LD Diane Heller, MMSc, RDN, LD, FAND Carla Honselman, PhD, RDN, LDN Marcy Kyle, RDN, LDN, CDE, FAND Sachiko St. Jeor, PhD, MS, RDN, FAND Joan Salge Blake, EdD, MS, RD, LDN, FAND Kevin Sauer, PhD, RDN, LD, FAND Valerie Shurley, MBA, MS, RD, LN Lauri Wright, PhD, RDN

#### **Next Steps**

- Designers vet input from the HOD Meeting
- January 2019: Designers report to the House of Delegates Leadership Team (HLT) and the next steps will be confirmed
- Additional design work or online discussions as necessary
- Spring 2019 HOD Meeting dialogue/deliberation

#### **Scanning Professional Issues**

• Delegates identified and prioritized professional issues to help determine the Spring Meeting topic(s) as well as potential future meeting topics.

#### **Additional Information**

 All meeting materials, including the Fall 2018 Academy updates, presentations, and follow-up information will be posted on the HOD webpages.

Find Your Delegate: www.eatrightpro.org/leadershipdirectory

#### MAND HOSTS IT'S FIRST ONLINE FORUM!

On Thursday October 25th from 7:00-8:00pm the MAND conference committee hosted its first Online Forum: Reinventing Yourself as an RD- Where are the Jobs in Maine? Using Zoom, a cloud platform for video and audio conferencing, a group of eight MAND members and a UMAINE senior had a lively virtual, face-to-face discussion. The evening opened with an icebreaker where the group shared early career hopes and choices then moved into a brainstorming session identifying employment sectors and careers that dietitians are well trained for. MAND President Eileen Molloy shared some RD career resources she heard about just days before during the 2018 Food and Nutrition Conference and Exposition in Washington, D.C. (please see the list of resources and opportunities provided below).

After the success of the first forum, the conference committee is excited to grow attendance and plans to continue hosting the facilitated discussions in 2019. The committee would love to hear from members about topic ideas. Do you have something you'd like to discuss with your Maine dietetic colleagues? Send topics/ideas to: eatrightmaine@gmail.com . Future topics under consideration are: Telehealth; Scope of Practice; RDs in Urgent Care Centers; and SNAP RD Educators. Have other ideas? Email us!

#### **Resources for RDs:**

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**The Integrative and Functional Nutrition Academy** - available to RD's for continuing education in this field. Accredited by CDR: <u>Click here</u>.

**Nutrition Informatics** - newly formed practice group that will begin accepting membership in 2019: <u>Click here</u> for more information.

**Job sites posting current opportunities in Maine:** Jobs in Maine- https://jobsinmaine.com/ and Indeed: https://www.indeed.com/

**Free Tool Kits** for members from the Academy:

- RDNs in the New Primary Care: A Toolkit for Successful Integration highlights the opportunities and important roles for RDNs in team-based care in new models of health care delivery within the primary care setting.
- Intensive Behavioral Therapy for Obesity: Putting It into Practice provides RDNs with information, examples and tools necessary to successfully align with PCPs to provide the IBT for Obesity benefit under Medicare Part B.
- MNT Business Practice Tools: Sample RDN/MD Business Agreement thinking about
  contracting with a physician's office to provide MNT services? Use this template to guide you in developing your contract.
- RDN's Complete Guide to Credentialing and Billing: The Private Payer Market designed to empower RDNs to enter the Private Payer Market through step-by-step directions on how to become a provider and bill for services.
  - Heather Healy, RDN



## WHAT'S NEW: THE ACADEMY

#### **Academy Webinars**

Get CPEs on your own time through the <u>Academy's Webinar</u> Series.

#### **Recorded:**

- 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

#### September MNT Provider Newsletter - Now Available

Learn how to understand the landscape of Medicaid coverage, why addressing malnutrition across the continuum of care makes sound financial sense, and why September is a great time to focus on preventative services. Read the latest issue of the MNT Provider.

#### Get a Member - Get a Dues Credit

As an Academy member, you know the value of membership firsthand, and your personal recommendation will have the greatest impact on your colleagues. Help your colleagues accelerate their careers and thrive in their professions by recruiting them to join the Academy with the Get a Member – Get a Dues Credit program. For each qualifying recruit who enters your first and last name into the "Who referred you to join today?" section of the membership application, you will receive a dues credit toward your 2019-2020 Academy membership dues. Remember, nobody can recruit Academy members better than you! Learn More

## **MAND Board Meeting Schedule**

#### 3rd Wednesday @ 8:00-9:00pm each month or otherwise noted\*

The MAND board meets once a month to review and discuss issues important to running MAND and the needs of our members. The Board meetings take place on the 3rd Wednesday of the month. The schedule of meetings for the remainder of the 2018-19 board year are listed below. This year we started using Zoom to meet virtually with the option of participating visually, or just through a phone link. If you want to join any board meeting, contact us at <a href="maintemaine@gmail.com">eatrightmaine@gmail.com</a> for login information for that month's meeting.

- December 12, 2018; January 16, 2019
- February 20, 2019; March 20, 2019
- April 17, 2019; May 15, 2019

