

## LETTER FROM OUR PRESIDENT

Spring is finally here! Although lots of us wanted to hibernate over this past long winter, your MAND Board and committees were working hard on a number of events and activities...

Our Public Policy Committee has been exceptionally busy with LD1162, an Act to Reduce the Incidence of Obesity and Chronic Disease in Maine. The Committee organized a fabulous Legislative Breakfast on March 22nd where board members, MAND members and students had a chance to speak with legislators about important nutrition topics—specifically LD 1162. Despite a last minute snow storm, the Committee was able to reschedule the Legislative Breakfast, and pulled it off without a hitch. Thank you to Heather Healy and Ria Saunders for their work on the Breakfast, and to all of the speakers and attendees at the event. This effort is so important for helping legislators keep us in mind as go-to resources for nutrition issues.



We had an excellent turnout for the annual Spring Conference on April 27th at Colby College. The phenomenal group of speakers included a special guest, AND Past President, Lucille Beseler, MS RDN LDN CDE FAND. A big thank you goes out to Conference Chair Andrea Byther and the entire Conference Committee for planning such an educational and interesting event! I'd also like to congratulate the winners of our annual awards (see their pictures and awards on page 4)—we thank you for all of your hard work and dedication to our profession. A new addition to our conference this year was the awarding of two MAND scholarships to deserving students in nutrition and dietetics. Finally, attendees got a glimpse of the brand new MAND website before it went live on May 1st. Check it out at [www.eatrightmaine.org](http://www.eatrightmaine.org)—we think you'll find the refreshed site more pleasing to the eye, as well as easier to use and more logically organized. If you would like to help on the conference committee, have an idea for a session or would like to present at a conference, please reach out and let us know! The Conference Committee is open to both new ideas and new members!

In June we will hold our annual transition meeting where our incoming President, Eileen Molloy, will step into the President role, along with several new Board members and committee chairs. I know Eileen will bring a great deal of expertise and energy to the position, and work hard to advocate for MAND and its members.

Finally, as I reflect on my past year as President, I feel honored to have worked with each of the MAND board members that serve our affiliate, as well as MAND members who volunteer their time on behalf of our profession. Representing MAND has been an rewarding opportunity for me to learn more about our members and their work around the state, the issues we face as dietetic practitioners both in Maine and nationwide, and to also meet other nutrition professionals and legislators who are passionate about our cause. Thank you all for the opportunity to serve as your MAND President!

Sincerely,

Ali Caron, MS, RD, LD

2017-2018 MAND President

## UPCOMING EVENTS:

### Board Transitional

**Meeting:** Friday June 22,  
2018: Maine General Medical  
Center- Augusta, Maine—details  
TBA

## INSIDE THIS ISSUE

Meet a member.....	2
Legislative Breakfast....	3
Delegate report .....	4
MAND updates .....	5
Academy News .....	6

## ***MEET A MEMBER: PRESIDENT-ELECT EILEEN MOLLOY***

### ***How has your MAND membership impacted you professionally?***

I have been a MAND member since I became a registered dietitian in 1989, so I can't imagine a professional life without it. I feel that being a part of MAND helps every dietitian and diet tech in the state by promoting our profession and our mission of improving the health of people in Maine; we are stronger together. My MAND membership has enhanced my opportunities to network with others in our profession across the state. Being a member of MAND also helps me professionally on the national level through the Academy of Nutrition and Dietetics; the wealth of resources available to us professionally through the Academy are amazing—resources such as the evidence analysis library, tools for improving reimbursement for nutrition counseling, presentations from the Kids Eat Right program, the Nutrition Care Manual - just to name a few.



### ***Tell us about some of your career & MAND highlights.***

I came to Maine from New York to attend the University of Maine as a freshman; I had never been to Maine before and I had no idea what I wanted for a career. I took an introductory course in nutrition from Katherine Musgrave and I was hooked! The topic of nutrition fascinated me, although I still wasn't sure what I would do with it. I cooked professionally for a few years in a variety of settings before going to Penn State University for my Master's degree. By that point I realized that what I really enjoyed was nutrition education and counseling. I worked at the Diabetes and Nutrition Care Center of Pen Bay Medical Center for 27 years doing exactly that. I counseled people with a wide-range of nutrition concerns, and taught classes and workshops. During that time I also did consulting for long-term care and taught nutrition at a community college. I just recently made a career change and started to work at the University of Maine as a lecturer and the director of the undergraduate program in nutrition. I am excited to contribute to the education of young people starting on their path towards this wonderful profession.

I joined the MAND board about six years ago and took the position of reimbursement representative. This was a wonderful opportunity to expand my understanding of this issue and allowed me to help dietitians in the state get paid for what we do and also maximize access and minimize cost for consumers. I became president-elect last June, and that has really improved my leadership skills and strengthened bonds with other board members, MAND members and other president-elects across the country.

### ***What causes in the field of nutrition are the most important to you?***

Improving health through communication and the use of evidenced-based nutrition principles is very important to me. In addition, we need to make sure we reduce burdens to eating well for good health such as access, availability and policy issues. The MAND mission and visions say it pretty well: MAND serves the public through the promotion of optimal nutrition, health and well-being while empowering our members to be leaders in food and nutrition; MAND will improve the health of Maine's citizens through quality food and nutrition services and information.

### ***What do you hope to accomplish during your time as president of MAND?***

I want to effectively support the MAND board as they work on multiple projects and issues to help achieve our mission and vision. This will allow us to continue to make sure the MAND board meet the needs of our members. This year we will review and update our strategic plan, improve communication with members through the new website, and plan for projects to benefit members and the nutrition of the public.

## MAND HAPPENINGS: LEGISLATIVE BREAKFAST

The Maine Academy of Nutrition and Dietetics' (MAND) 5th Annual Legislative Breakfast was held on March 22nd, 2018 at the Senator Inn in Augusta. MAND members, State legislators and dietetic interns from University of Maine and Southern Maine Community College were in attendance. This annual event brings together legislators, MAND members, and students from across the state and provides an opportunity for discussion about the dietetics profession and awareness and advocacy for health and nutrition. The event also allows for a recognition of National Nutrition Month, this year's theme was "Go Further with Food."

A highlight of the morning was the presentation of MAND's Public Policy Leadership Award to Senator Nathan Libby. He was chosen as this year's recipient for his continued support and leadership on the Act to Reduce the Incidence of Obesity and Chronic Disease in Maine (LD 1162). The passage of LD 1162 would provide "reimbursement under the MaineCare program for medical nutritional therapy provided by physicians, licensed dietitians and dietitian nutritionists and reimbursement for obesity treatment medication." Senator Libby was nominated for the award by MAND member and former Public Policy Coordinator Kristine Kitttridge who is a Clinical Dietitian with St. Mary's Health System. Marcy Kyle, Speaker of the Academy of Nutrition and Dietetics House of Delegates, and MAND Public Policy Panel Member, presented the award to Senator Libby in Kristine's absence. Marcy is the Regional Director of Nutrition and Diabetes Services at Pen Bay Medical Center and provided expertise during the Senate work session on LD 1162.



*Senator Nathan Libby*

Attendees also heard from MAND members including; Ali Caron, MAND President; Ria Saunders, Public Policy Coordinator; Heather Healy, State Policy Representative; Brenda Wolford, State Regulatory Specialist, and Laurie Copithorne Curry, MAND member. Topics varied from a review of Registered Dietitian roles across the State of Maine, to 2017 legislation supported by MAND, to leadership roles in dietetics. UMaine dietetic interns Mackenzie Clapp, Emily Duran Frontera, Elizabeth Kowash and Anna Wright volunteered for the event and shared recipes using Maine products and educational materials developed during their internships. Andrea Paul, MAND Public Relations Representative took pictures throughout the morning. Thanks to all attendees and speakers for making the 5th Annual MAND Legislative Breakfast a success!



*Pictured: Elizabeth Kowash, Emily Duran-Frontera, Mona Therrien, Mackenzie Clapp, Anna Wright and Heather Healy*



# Updates and Information From the Spring House of Delegates Meeting

4



Delegates to the Academy's House of Delegates (HOD) have been involved in some important activities to support the growth of our profession: providing input into the new Code of Ethics and reviewing the culture of the HOD so that we can support the Academy's Strategic Plan.

The Academy's Strategic Plan's vision is: "A world where all people thrive through the transformative power of food and nutrition" with the focus areas being: Prevention and Well-being, Health Care and Health Systems, and Food and Nutrition Safety and Security. [Click here](#) to see the complete plan. An important way to grow the profession is to capitalize on our strengths and create a future where we play integral roles in wellness and prevention. To this end, the HOD passed a motion to Champion Nutrition and Dietetics Practitioners in Roles of Leadership in Public Health. Please let me know the leadership roles you have in the public health sector so that we can keep the Academy informed of how Maine is supporting that goal.

At the Spring HOD meeting, delegates helped to develop case studies with ethical dilemmas for training on the Code of Ethics used to govern the profession. The new code will become effective on June 1, 2018 for all Academy members and all practitioners credentialed by the Commission on Dietetic Registration. The last Code of Ethics was published in 2009 and since then there have been changes in dietetic practice due to the growth of social media, digital health care, and other new technologies. You can review the Code by [clicking here](#).

Also at the spring meeting, delegates enjoyed investigating the culture of the HOD by addressing questions like "Who are we?" "Who should we be?" "What are we going to do about it?" Many of the things that came out during our discussions had been identified when we took a survey to determine how to be a future-oriented organization.

As we plan for the next 100 years of the Academy using the new Strategic Plan to move forward, the HOD needs to:

- ◆ Be in touch with what is happening in the world;
- ◆ Involve delegates and the larger membership in decisions;
- ◆ Manage conflict through transparency;
- ◆ Know what success means for the HOD;
- ◆ Make sure delegates are action-driven toward success, and
- ◆ Develop agility in decision-making to make progress.

At the recently held MAND spring conference, past Academy President (2016-17), Lucille Beseler, spoke. She opened her presentation with the question, "Who is the Academy?" The answer is, of course, all of us—the members. There are more than 100,000 credentialed practitioners in the Academy. When it comes to the Code of Ethics, it applies to members and, also, to all CDR-credentialed practitioners, whether or not they are Academy members.

To make our association dynamic and reflective of the members, it is important that you let your voice be heard! Provide feedback when your delegate sends out surveys about HOD issues; participate in calls to action (Action Alerts) and stay abreast of Academy updates. Maine has a special privilege this year because our own Marcy Kyle is Speaker of the House. You have our ears, now let us hear your voices. Reach me via email at: [awhite@maine.edu](mailto:awhite@maine.edu).

Adrienne A. White, PhD, RDN, FAND

MAND Delegate



*Eileen Molloy, President-Elect: MAND; Lucille Beseler, past president of Academy; Adrienne White, Maine Affiliate Delegate; Marcy Kyle, Academy Speaker of the House of Delegates; Ali Caron, President of MAND*

# CONGRATULATIONS MAND MEMBERS!



*Ali Caron– MAND President with Ria Saunders, winner of the 2018 Recognized Young Dietitian of the Year award*



*Ali Caron– MAND President with Heather Healy, winner of the 2018 Outstanding Dietitian of the Year award*



*Kimberly Veilleux– 2018 winner of the Outstanding Dietetic Technician Student award*

Congratulations to Laurel Simone who received Outstanding Dietetics Student in a Didactic Program award!

## Congratulations Scholarship Winners!

This year MAND will provide its first every Future Dietetic Professional Scholarship to two students studying to become a Registered Dietitian or Dietary Technician.

**The winners of this years \$500 scholarships are:**

**Emily Frontera-Duran and Abigail Wallace!**

## WHAT'S NEW: THE ACADEMY

### Keep Your Clients Informed with Educational Handouts

With a colorful design, engaging format, and short, clearly defined sections, these brochures are easy-to-read for clients who may be unfamiliar with a variety of nutrition topics. The latest brochures cover the hottest topics such as gluten-free eating, smart snacking, added sugars, Mediterranean-style eating, and more. View the handouts by [clicking here](#).

### Provide the Best Care and Save Time with the Nutrition Care Manual

Nutrition Care Manual® (NCM) products are internet-based diet manuals and professional practice resources for RDNs, NDTRs, and allied health professionals. NCM products offer three different manuals (including Pediatric and Sports Manuals) that give you access to evidence- and knowledge-based nutrition information, saving you time, and keeping you current and compliant. [Get the nutrition manual that best suits your needs here!](#)

### Obtain the skills to Identify Malnutrition at the Nutrition Focused Physical Exam (NFPE) Hands-on Training Workshop

#### Attend the NFPE Workshop and you'll gain the knowledge and skills needed to:

- Access muscle-wasting and fat loss
- Identify clinical signs of micronutrient deficiencies and toxicities
- Evaluate the presence of edema or fluid accumulation
- Demonstrate basic NFPE skills with actual patients!

RDNs who attend the Workshop will receive the NEW, second edition of the NFPE Pocket Guide and reference text, PLUS 10 CEUs! To view the schedule and register, visit the website by [clicking here](#).

