

LETTER FROM OUR PRESIDENT

Happy Summer MAND members!

I hope August is finding you enjoying the bounty of summer gardens and the incredible destination spots at our fingertips here in Maine. I feel like I'm on vacation all summer long living in this beautiful State.

The MAND Board year runs from June 1st-May 31st and the 2019-2020 Board is hard at work just two months in. I'm energized and inspired by the commitment and creativity of this group. Please find the new and experienced faces of the Board in the ABOUT section on our MAND [website](#). Last year, the Board reorganized into Committees and I'd like to provide early highlights:

The Communications Committee has been busy strategizing social media outreach, updating the website, and gathering the information it takes to put out this quarterly newsletter. In this edition, they've added an "RD Spotlight" to highlight dietitians across Maine. This quarter features our new MAND Treasurer, Kristine Taylor. Please read more about her on page 2. Don't forget that you can access past newsletters and other important information by going to the MEMBERS section of our website and typing in the word "strategy."

Mark your calendars for the 2020 Spring MAND Conference! Our proactive Conference Committee has already confirmed a date and place- **Friday May 1st 2020** at the Hilton Garden Inn in Freeport. Education, networking and shopping...what a fabulous combo! The Conference Committee welcomes fresh ideas and currently has a need for one additional member.

In July, members of the Public Policy Panel and UMaine dietetic interns attended the Nutrition and Dietetics Advocacy Summit. Don't miss the recap of this important legislative event from our Public Policy Coordinator, Ria Saunders, on page 5.

During the June Transition meeting, the Board unanimously voted to hire an Executive Assistant for a two-year pilot period. The Academy answered our call out and we look forward to increasing membership numbers and benefits with help from this administrative position. We'll also have unique and direct access to Academy resources. Please find our new Executive Assistant, Carrie Kiley, highlighted within this newsletter.

Don't hesitate to reach out to the Board with any questions or new ideas. Have someone you'd like to nominate for the RD Spotlight? Want to get involved with conference planning? Have a public policy question? Please reach out to us at: eatright-maine@gmail.com— we want to hear from you!

Stay in touch,

Heather Healy, RDN

2019-2020 President- Maine Academy of Nutrition and Dietetics



UPCOMING EVENTS:

**Maine Medical Center
Nutrition Symposium:**
Pre-conference presentation
Tuesday, September 10th—
12:30-5 PM; Symposium:
Wednesday, September 11—
7:30 AM-3:30 PM; for more
information and registration
[click here](#).

**FNCE— Philadelphia, PA
October 26-29, 2019—** [click here](#) for more information

MAND Spring Conference:
Friday May 1st 2020— Hilton
Garden Inn, Freeport Maine—
more information to come!

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RD SPOTLIGHT– KRISTINE TAYLOR

Tell us about yourself!

My name is Kristine Taylor, MS, RD, ACSM CPT. I currently live in Saco and just moved here last year from Boston after 10 years of RD practice. I received my undergrad in Nutrition from the University of Maine, completed my Dietetic Internship through Simmons University and Master's from Northeastern University. Before obtaining my RD, I worked as a personal trainer and continue to use this in my practice. Before moving to Maine, my primary practice area was corporate nutrition and wellness, providing 1:1 nutrition counseling, seminars and wellness services for multiple corporate clients across Boston and Cambridge. Currently I hold a few different work opportunities as a Hannaford dietitian, Wellness Coach for Beacon Northern Light, teach a diabetes prevention class, and also work as a clinical RD for Maine Health. I'm also in the beginning stages of starting a virtual and private practice called Tidewater Nutrition & Wellness; it's exciting doing different things and it keeps me busy!



What are some of the favorite things about your current job(s)?

I love the variety and the different skills I'm learning. Teaching weekly classes in two of my positions has shifted me out of my comfort zone. Wellness coaching compliments so well my work as a dietitian and has enhanced my counseling skills. Working as a retail RD brings me closer to the food aspect and I get to help customers where they need it—at the store! People ask me how I juggle so many jobs, but I think it's completely manageable- I enjoy the opportunities and professional independence these roles provide me.

Why did you choose to practice in Maine?

Maine is my home state—I wanted to be closer to family and to be part of the nutrition community here. This is my first year on the MAND Board as Treasurer- I look forward to working with a great group of RDs.

What are your greatest insights about your work based on your education and experience in this field?

Being a good listener and knowing the value you provide are very important. Fully listening and asking good, thoughtful questions can really get at the root of a client's problem and increase program success. Second, always do your research and negotiate your rate before accepting a position; if you don't, you're usually leaving additional income on the table and I believe employers value you more if you value yourself enough to negotiate— it feels uncomfortable at first, but gets easier every time.

What is your favorite food?

Frozen mango chunks! It tastes like sorbet and I can't get enough of it in the summer.

Do you have any advice you'd like to share with new dietitians, dietetic interns or students?

Learn as much as possible and try new things (inside and outside of your job). One more if I can— I believe financial wellness is an important component of total wellbeing. Invest for retirement and the future. At the very least, if your company offers a 401k match, contribute up to the full match—it's free money!

COMMUNITY SPOTLIGHT: NEED

Brianna Fortin is a Registered Dietitian working at the New England Eating Disorders Program (NEED) at Sweetser in Saco Maine.

What is the role of the Registered Dietitian in the care team at the NEED program?

At NEED, the dietitian's role is to evaluate and provide recommendations related to patients' dietary intake, weight, meal plans and eating behaviors. We offer education to patients and their families, both in group and individual settings. We work closely alongside our Medical Director, Patrice Lockhart, MD, clinical social workers, and nursing staff to provide quality nutritional care throughout a patient's stay in the program. We practice what we call "food neutrality" in this treatment setting, meaning all foods are "legalized." Working with this population requires learning a new language free from encouraging dieting, calorie counting, and focusing on a particular body weight, shape or size. The Health At Every Size™ healthcare model is also something we practice with our patients which is a healthcare approach that moves away from weight-centered treatment and toward accepting that health can occur at all body sizes, promoting size-acceptance and eliminates weight discrimination and the cultural obsession with thinness and weight loss.

As clinicians, what are the warning signs/ symptoms to look for that my patient may be at risk for developing an eating disorder?

One of the most important things to remember is that eating disorders do not discriminate; they affect individuals of all genders, ages, ethnic backgrounds, and body shape, weight, and size. Eating disorders can manifest physically, behaviorally, and emotionally and have numerous warning signs and symptoms. For a comprehensive list of warning signs/symptoms please check out our website at [sweetser.org](https://www.sweetser.org).

When should you refer to a higher level of care?

If you are concerned that your client might have an eating disorder or you are currently working with someone who has a previously diagnosed eating disorder, here are some questions to consider asking:

- Has your eating pattern changed since I saw you last? Have you ever made yourself throw up, used laxatives, diuretics, diet pills, or exercise to lose weight?
- Do you count calories? What is your limit? Would you say that food dominates your life? Do you worry you have lost control over your eating? How do you like your body right now? What are you doing to change it?

If you have concerns about the responses to any of these questions, you may want to consult with one of our NEED intake coordinators by calling 207.294.4522. A referral to a higher level of care, increased physician monitoring, or specialized eating disorder treatment may be warranted.

What type of treatment is offered at the NEED program and what should I expect if I refer a patient to your program?

At NEED, we offer three levels of care and comprehensive evaluations. Our programs are run by a multidisciplinary team of practitioners and our registered dietitians are an integral part of this team. Our medical and clinical evaluations provide assessment, diagnosis, and treatment recommendations for individual and their families, which results in an individualized treatment plan. Our partial hospitalization program (PHP) runs 5 days a week, 8 hours per day. Along with individual, group, and family therapy throughout the day, patients are provided two meals and two snacks. In our intensive outpatient program (IOP), patients receive treatment three hours per day, three days per week. In IOP, patients participate in individual and family group therapy and complete one meal a day at the program. Patients practice bringing in their own food to eat among peers. We also have outpatient services that include individual, family, and group therapy.

Please feel free to reach out if you have any questions.

Email: bfortin@sweetser.org; Phone: 207.294.4516 NEED Intake phone number 207.294.4522

MAND UPDATES

Meet MAND's new Executive Assistant, Carrie Kiley



Carrie has been with the Academy of Nutrition and Dietetics for over eight years and has been working with affiliates in this capacity for the past six. Carrie has her MBA in Leadership and Change Management, and has helped start up several non-profits as a founding board member. Her emphasis is on mission-driven organizational development and governance through informed decision making and implantation of strategic planning goals.

LD 364 and MAND Complaint Handling

On June 11th, [LD 364](#), An Act to Establish the Right to Practice Complementary and Alternative Care Act, was enacted into law in Maine. This law allows the potential for unlicensed individuals to provide nutrition counseling to Maine citizens. Per the law, the unlicensed individual must disclose that they are not licensed and the degrees, training, experience, credentials or other qualifications of the person providing health care services. Licensure for protection of the public is a public policy priority area for both the Academy of Nutrition and Dietetics and MAND. In 2015, the MAND Board established a [Complaint Handling Policy](#) that had the following goals: define the role of MAND in license-related complaints; strengthen licensure; and support members. We remind MAND members that this policy is available on the website and that while MAND does not have any legal authority to handle complaints about individuals causing harm or engaging in unlicensed practice, MAND will collect and maintain specific information about complaints for internal purposes. Please access this policy on our website under MEMBERS, password: strategy, scroll to Policies and Procedures section and click on [Complaint Handling Policy](#). The Board will review this policy and edit as necessary during the 2019-2020 Board year.

Please note that if an individual is caused harm by an unlicensed professional, the complainant should report their concerns to the [Office of the Maine Attorney General](#). If an individual is caused harm by a licensed individual, the complainant/person harmed should send concerns to the [Board of Licensing of Dietetic Practice](#).

On July 11-12, Maine attendees joined with food and nutrition advocates from across the nation for the 2019 Nutrition and Dietetics Advocacy Summit. Formerly the Public Policy Workshop, the Summit is an annual event held in Washington, D.C. where nutrition professionals receive training in policy and communications.

A group of four MAND members, including two University of Maine Dietetic Interns, attended this year's summit. The attendees were briefed on current nutrition issues impacting the health of the nation and dietetic profession, including the Treat and Reduce Obesity Act (S. 595/H.R. 1530) and the Expanding Access to Diabetes Self-Management Training Act (S. 814/H.R. 1840). MAND members then met with the Capitol Hill offices of Maine's federal legislators. All four of Maine's legislators - Senator Angus King, Senator Susan Collins, Representative Chellie Pingree (District 1), and Representative Jared Golden (District 2) had co-sponsored the Expanding Access to Diabetes Self-Management Training Act prior to the Summit. Representative Pingree had also co-sponsored H.R. 1530, the Treat and Reduce Obesity Act. Maine's attendees thanked the legislative offices for their support, and provided local stories and statistics. MAND looks forward to continuing our strong professional relationship with our federal legislators, whether it be in Washington, D.C. or in district.



Pictured (left to right): Laurel Simone and Reanna Plourde, University of Maine Dietetic interns; Ria Saunders, MAND Public Policy Coordinator; Lori Kaley, MAND State Regulatory Specialist

WHAT'S NEW: THE ACADEMY

August is Kids Eat Right Month!

The Kids Eat Right program was created by the Academy and our Foundation in 2014 and mobilizes registered dietitian nutritionists in a grassroots movement to share healthful eating messages to help families adopt nutritious eating habits. Check out all the great, free [Kids Eat Right resources](#) that you can use to bring this great program into your community. Also, utilize the Kids Eat Right [social media toolkit](#) and share messages with your followers to emphasize the importance of healthful eating and active lifestyles for children and their families.



NEW Case Studies in Health and Wellness Coaching and Telehealth

Case Studies are tools for credentialed nutrition and dietetics practitioners to use for reference regarding the scope of practice and quality nutrition and dietetics practice. Case studies provide the necessary guidance, resources, and options that can be used to evaluate whether the RDN or NDTR can safely and effectively provide care and services. Five (5) new open access case studies in health and wellness coaching and telehealth are:

- RDNs and Health and Wellness Coaching; NDTRs and Health and Wellness Coaching
- RDNs Delivering Telehealth Nutrition-Related Services in Hospital Outpatient Setting
- RDNs Delivering Telehealth Diabetes Care and Education-Related Services
- NDTRs Delivering Telehealth Nutrition-Related Services
- Find the Case Studies [here](#)

LIVE WEBINARS:

All Academy members are invited to attend this free webinar hosted by the Alliance to End Hunger.

Title: *Exploring the Food Security Solutions Prioritization Process*- Improving food security is an urgent issue but the resources to do this are limited. You need to do the most you can with what you have, but how do you determine where to start? The **Food Security Solutions (FSS) Prioritization Process** can help.

When: September 25, 2019– 1:00 pm EST

Register [here](#)- *The webinar will be recorded for future viewing.*

Alexa, Play My Favorite Podcast: Why Podcasts Are the New Blogs

This webinar features steps for getting started with your own successful podcast, tips for being a guest on other shows, and best practices for integrating your podcast into your brand or company platform and promoting it to the world. Join Amber Pankonin, MS, RD, LMNT, and Liz Weiss, MS, RDN.

When: August 28, 2019- 12:00 p.m. CST; **Register [here](#).**