

Winter 2017

President's Message

Upcoming Events:

MAND Legislative Breakfast:

March 1st 2017:
7 AM-9 AM at the
Senator's Inn:
Augusta, Maine

Annual MAND Conference:

Friday, March 24,
2017. Locations:
Southern Maine
Community College & U-Maine
Orono; *more details to come!*

The snow has finally arrived! I hope all who were able to attend FNCE in Boston had a wonderful time! We had a great turnout at the MAND social event, and it was wonderful to see so many of you, meet some new folks and see old friends and colleagues.

Despite the colder temperatures, we are staying busy and working on several things for the New Year. Heather Healy has been working diligently on our next Legislative Day which is scheduled for Wednesday, March 1st 2017 from 7 AM-9 AM. Please mark your calendar for this event, as we all would love to see you there. There is no better time than right now to get involved, meet Legislators and make our presence known as nutrition professionals. Also, please don't forget to check your emails regularly for any action alerts the Academy sends out; this is another way you can make your voice heard in the Public Policy arena.

The MAND Spring Conference is also on our radar and will be held on Friday March 24th 2017. Since we are a larger state geographically, we have decided to try having two venues in order to make it easier for members to attend—fewer miles to travel for CPEs is a good thing! Please check the MAND website and your email for more information about the conference.

Finally, thank you to those members who recently indicated an interest in being more active in MAND! There are many ways for our members to be more involved. If you would like to participate on any level, please visit our website to check for any openings or needs we have, or send me an email indicating how you'd like to be involved. We'd love to have more of our colleagues participate in the many activities of MAND.

Happy New Year and stay safe and warm this winter!

Andrea Byther
MAND President, 2016-2017



Get to Know MAND's President-Elect, Ali Caron



Tell us about your experiences and involvement with MAND up until this point.

I have been a member of MAND and the Academy of Nutrition and Dietetics since 2010. I first got involved in public policy during my dietetic internship at the University of Maine. I was encouraged to run for President-Elect by current members involved in MAND as well as others who spoke highly of their time as President.

Tell us about some of your career highlights in the field of nutrition. I have spent the majority of my career thus far working as an inpatient clinical dietitian focused on cardiac, CCU and surgical patients. During my time at EMMC, one of my favorite tasks was working on gaining diet order writing privileges for registered dietitians at our hospital. I just recently changed specialties and now am working as a diabetes educator for pediatrics in the Bangor area which has been really rewarding work.

Which nutrition “causes” are the most important to you?

I am particularly interested in reimbursement for medical nutrition therapy as well as licensing and credentialing for registered dietitians. We are the experts in providing nutrition education and I would love to see us represented more as valuable members to the healthcare team.

Where do you see yourself in the next 5-10 years?

In the next year or so I hope to gain my CDE credential. I also hope to continue to be involved in MAND as a resource for dietitians looking to get involved in public policy in coming years. I also love the Bangor area and hope to still be working with children and their families to promote healthy eating and education.

One of the topics I was interested in learning more about at FNCE in Boston this fall was about the use of telehealth for providing nutrition counseling services. My conclusions were that this is an exciting new way of providing nutrition counseling services and that there is a lot to learn to make it work.

For the basics, check out the Academy of Nutrition and Dietetics website section devoted to explaining what telehealth involves as well as many of the rules and regulations around telehealth by [clicking here](#).

While at FNCE, I visited three companies that provide web based platforms specifically designed for dietitians who want to include telehealth in their nutrition counseling practice. Links to their websites are listed below.

These programs have differences, but at their core, they help dietitians engage in secure video conferencing. Some of these programs have secure video conferencing and messaging, and are organized around the capacity to schedule appointments, and do private pay billing. Some include resources to bill third party payers, and some also include the ability to write a chart note and send directly to the physician. In addition to these comprehensive programs below, there are stand alone secure video conferencing platforms that are HIPPA compliant. Click the links below for more information:



<https://gethealthie.com/>

<http://www.nutrimeddy.com/dietitians>

<http://www.fruitstreet.com/>

I would love to know if any dietitians in Maine are having success with using telehealth. Share your experiences!

Eileen Molloy MS, RDN/LD, CDE- EMolloy@penbayhealthcare.org

Project Vote is back!

The Academy of Nutrition & Dietetics (AND) voting is starting soon! We encourage all MAND members to vote in the national election– Maine typically has a better voting record than most states and we would like to keep it up– and do better, even! If we get the highest percentage of members voting (based on our size affiliate), we are eligible for a prize!

Candidate information, and past and current voting statistics are available at:

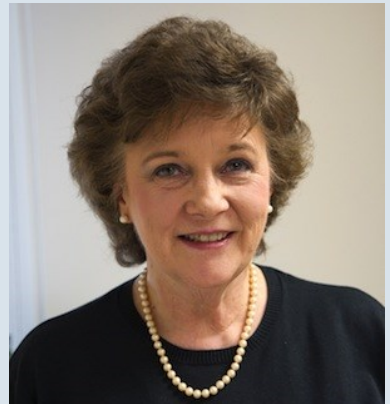
www.eatright.org/elections > Project Vote.

For additional information, [please click here](#).

House of Delegates (HOD) Report

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The Academy of Nutrition and Dietetics will be 100 years old in 2017. Founded as the American Dietetic Association, early visionaries had a passion to help the government conserve food and improve health and nutrition. Now as we approach the beginning of our next 100 years, the Academy is focused on the Second Century Vision. Academy President Lucille Beseler sees each member as an important part of creating a new vision in the face of continuing food and nutrition challenges. That is very personal; that means you! Get more information by [clicking here](#).



Wellness and Prevention is a major focus of the House of Delegates (HOD). I recently gathered your stories about your work in Wellness and Prevention through a survey sent out through MAND. The HOD is interested in how we as Academy members can capitalize on our strengths to create a future where credentialed food and nutrition practitioners play an integral role in Wellness and Prevention. Stories provided by affiliate members, Dietetic Practice Groups (DPGs) and Member Interest Group (MIG's) will be compiled to provide a picture of where we are as a profession and to determine what is needed to create a future for food and nutrition practitioners in Wellness and Prevention.

Stories. I know there are stories read to you in your childhood that you will never forget. Many of you have stories about your work with clients, patients, and other community members that you love to remember. Stories touch our senses by affecting our attitudes and feelings. It's those stories that the HOD is trying to capture about our work in Wellness and Prevention.

Appreciative Inquiry. At our HOD meeting during FNCE, delegates were taught Appreciative Inquiry which is a method for drawing out new ideas and energy through the "4-D Model" of Discovering the best of what we know, Dreaming what we aspire to, Designing innovations of tomorrow, and actually, Deploying those innovations. We, in nutrition and dietetics, often feel underappreciated as members of the health care team. As Wellness and Prevention increases in importance in the next century, how do we ensure our stature as part of the health care team?

Want to be part of creating our own destiny? I will be holding Open Space Discussions during March to envision a shared ideal future for nutrition and dietetic professionals in Wellness and Prevention. Watch for more information to follow and email me at awhite@maine.edu if you are interested in leading the way into the next century.

Adrienne A. White, PhD, RDN
MAND Delegate

Legislative Breakfast Update: The Maine Academy of Nutrition and Dietetics (MAND) Annual Legislative Breakfast will be held Wednesday March 1st, 2017 at the Senator Inn in Augusta. This annual event brings together legislators, MAND members, and dietetics students from across the state and provides an opportunity for discussion about our profession, awareness, and advocacy for health and nutrition. Please mark your calendars and save the date! 2017 marks the second year that MAND seeks nominations for the Public Policy Leadership Award. Senator Justin Alfond from the 8th District was awarded in 2016. MAND seeks new nominees for 2017. If you know a legislator that supports nutrition issues for the state or in your district, please take a few minutes to complete the nomination form. If selected, they will be given the award on March 1st at our Legislative Breakfast. For more information, please [click here](#).

— [MAND Award Nominations] —

MAND is accepting nominations for the following categories:

- | | |
|--|--|
| <i>* Outstanding Dietetics Student</i> | <i>* Outstanding Dietetic Tech Student</i> |
| <i>* Emerging Dietetics Leader</i> | <i>* Dietetic Technician of the year</i> |
| <i>* Young Dietitian of the Year</i> | <i>* Outstanding Dietitian of the year</i> |

For more information on the award nomination process, please check out the MAND website or [click here](#).

Get on the MAND Ballot in 2017!

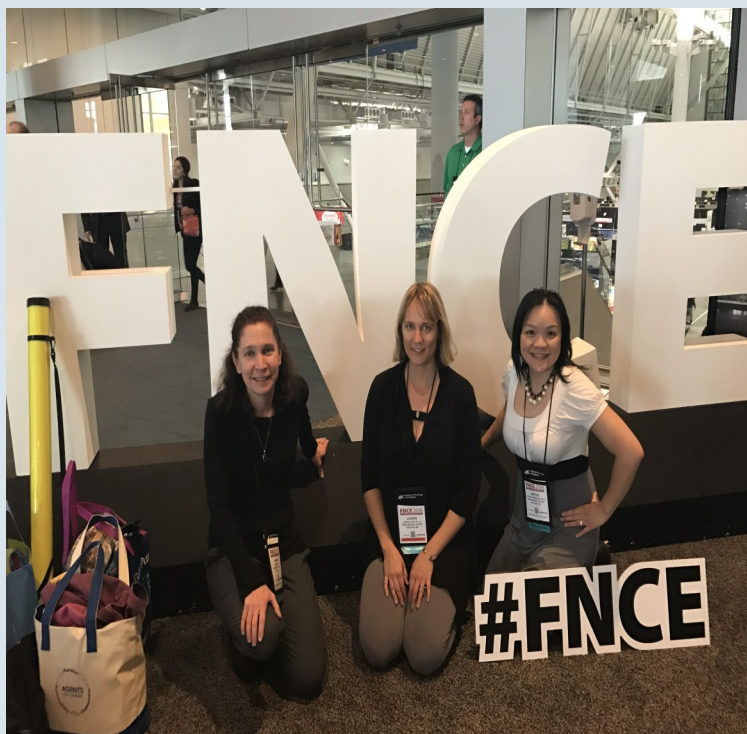
The following elected positions will be available May 31, 2017:

- | | |
|--|---------------------------|
| <i>* President-elect</i> | <i>* Public Relations</i> |
| <i>* Nominating Committee Member</i> | <i>* Conference Chair</i> |
| <i>* The Conference Committee and the Food Security Task Force are always looking for individuals at any time.</i> | |

For More Information about any position listed above, check out the MAND website (www.eatrightmaine.org) for position descriptions.

MAND at FNCE!

MAND had a successful turnout out at FNCE in Boston Massachusetts in September/October 2016. Here are some highlights from FNCE:



Pictured: Sharon Tate, Lauren Tate, Anh Tu Truong



Pictured: Moira Burke, Sharon Tate, and Anh Thu Truong



Pictured: Anh Tu Truong and Kit Broihier