

## *LETTER FROM OUR PRESIDENT*

Hello members -

Fall is officially upon us! Kids are back in school and everyone's schedules are filling up; be sure to get outside and enjoy those crisp autumn days.

The MAND board has been hard at work so far this year and we have some exciting things in the works currently. This year we plan to:

- Increase membership engagement through webinars and social events
- Increase MAND's social media presence
- Update MAND's website to offer a user-friendly site that is visually impressive

Calling all speakers! If you are, or you know of, a professional interested in speaking passionately about nutrition related topics please reach out to our conference planning committee. We are in the midst of planning our annual Spring Conference and our goal as always is to provide a dynamic group of speakers for our members on a variety of topics. Additionally, you may consider joining our conference committee in some manner, big or small, as a way to have your voice heard and become involved in MAND.

As always, with October comes the Food & Nutrition Conference & Expo. This year it is hosted in the windy city, Chicago, IL. Education, research, samples, oh my! FNCE is one of my favorite ways to learn about cutting-edge research, try new foods and products just entering the market and network with dietitian friends, new and old. I had the pleasure of meeting President-Elects from other affiliates at last years' FNCE in Boston, MA. This year I look forward to learning from other leaders to hear what exciting projects affiliates have planned for their own members.

Ali Caron, MS RD LD

MAND President 2017-2018

Maine Academy of Nutrition and Dietetics



## UPCOMING EVENTS:

**FNCE: Chicago, Illinois:**  
October 21-October 24; visit <http://eatrightfnce.org> FMI

**MAND Spring Conference:**  
Friday, 4/27/2018 at Colby College in Waterville, ME-  
More details to come!

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# LEARNING TO EXPRESS THE VALUE OF NUTRITION INTERVENTION THROUGH STORYTELLING

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Jane Haskell, Extension Professor, University of Maine Cooperative Extension, led a group at UMaine on September 29 to identify the value of dietitians in public health. Jane helps communities enhance their vitality—or explore how they might do that—by understanding how to articulate their value.

Jane used her expertise in group process to elicit stories from the group to express the value of registered dietitian nutritionists that can resonate "from the heart of the recipient to the eyes and ears of funders and decision-makers." She gave the attendees time to practice storytelling that would be compelling, grab attention, and stimulate good feelings. Such stories need to include the person, problem, intervention, happy ending for the person and the message. Chatty stories with statistics are especially successful, and the message is to be developed without using "registered dietitian nutritionist." Adrienne White, our delegate will take what she learned to the House of Delegate meeting at FNCE on October 20.

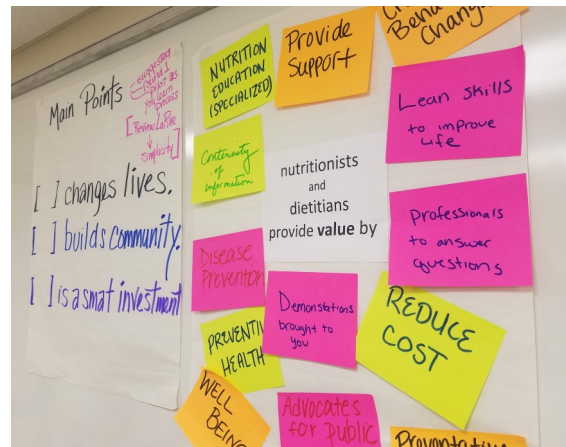


Here are some examples of the group's first try at storytelling to achieve an impact:

Joe is a frail 80-year-old, living in a long-term care facility. He didn't have any appetite, so he was not eating, and he kept losing weight. After meeting with a dietary aid, he started getting foods he liked and began to eat and gain weight. Joe is very happy now, and so is his family. They found out that specialized care improves quality of life.

Jack is an inmate at a federal prison. He was very overweight and took many medications for his high blood sugar and blood pressure. He started working with a small group in weight loss classes and with the support he received, he lost over 25% of his body weight and no longer needs medication. When health care costs decrease, everybody wins.

Attendees included interns Alexis Bogdanovich, Lysie Dupuis, Amber Elwell, Bri Fortin, Stephanie Libby, Amber Murray, Vicky Papakotsi, Nicole Weaver, and dietitians, Kelley Dow, Heather Healy, Mona Therrien (UMaine Faculty) and Adrienne White (DI Internship director).



Adrienne A White, PhD, RDN, FAND

MAND Delegate

House of Delegates

## SAVE THE DATE!

**The 2018 Legislative Breakfast is scheduled for Thursday March 8th, 2018, 7:00-9:00am.** We are accepting nominees for the 2018 Public Policy Leadership award through December 1st 2017. If you have a legislator that you would like to nominate due to their contributions and support of nutrition-related legislative policies/advocacy please submit the attached nomination form to Heather Healy, [heather.healy71@gmail.com](mailto:heather.healy71@gmail.com) by December 1, 2017.

## MEMBER SPOTLIGHT: MARCY KYLE

*Marcy was elected as the 2017 Speaker-Elect, House of Delegates for the Academy of Nutrition & Dietetics*

[Click here](#) to visit the Academy's write-up of Marcy & her new position!



### What does your new elected job encompass?

I am serving my first year of a three year term as Speaker of the House of Delegates (HOD). The HOD is the voice of members, governs the profession and develops policy on major professional issues.

The House consists of the following members: all Affiliates, all Dietetic Practice Groups and At-Large Delegates representing ACEND, CDR, NDEP, NDTRs, Students, members 30 years of age or less, Retired Members and the House of Delegates Leadership Team, for a total of 106 delegates. The delegates representing ACEND, CDR and Students are appointed. All other delegates are elected. Delegates are key linkages to the Academy's constituency. The House of Delegates supports and encourages proactive communications, and continually seeks member input on issues affecting the

profession.

I also serve on the Academy Board of Directors (BOD) and oversee the strategic direction, budget, guidelines and policies of the Academy. With the mission and vision leading the Academy in all facets of governance and policy, the Board provides access to the strategic plan and Academy policies that guide members and the profession as a whole. Comprised of national leaders in nutrition and health, the Board has 19 members and governs the organization.

This year I am a BOD liaison to the Academy Finance and Audit Committee and the Nutrition Services Payment Committee.

### What are your goals in this new position ? What would you like to accomplish?

As Speaker-elect, I am confident as the Academy enters its Second century, our dedicated members are ready to play a lead role in improving the health of people worldwide through food and nutrition. I am committed to improve member engagement by broadening our reach, promote innovation in all areas of practice, and work collaboratively with other stakeholders to create a healthier future for all.

### Do you have any advice for other nutrition professionals who are interested in seeking national academy office positions?

Volunteer with the Maine Academy of Nutrition and Dietetics, Dietetic Practice Groups, or Member Interest Groups. Attend state meetings and the Academy Food and Nutrition Conference and Expo (FNCE). Most importantly, build relationships with other Academy members in everything you do.

### **Marcy A Kyle, RDN, LDN, CDE, FAND**

Speaker-Elect for the Academy House of Delegates

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## GET INVOLVED WITH MAND!

Interested in getting involved with MAND? The Reimbursement Representative & Membership Chair positions are open— interested in learning more? [click here](#). Make new friends and professional contacts, help move our affiliate forward, and contribute to your profession—join our team!

## WHAT'S NEW: THE ACADEMY

### Revisions to Requirements for Discharge Planning for Hospitals, and Home Health Agencies

The Centers for Medicare and Medicaid Services (CMS) published a proposed rule in November 2015 (final action to be determined by November 2018) to revise the discharge planning requirements for hospitals (general acute, long-term care hospitals, inpatient rehabilitation facilities, and psychiatric hospitals), critical access hospitals, and home health agencies. The provisions address discharge planning policies and procedures, applicable patient types, timing, people involved, and other criteria. For more information [click here](#).

### Provide Education to Developing Nations: Global Food and Nutrition Resource Hub

An online hub is now available to support health professionals' humanitarian assistance efforts in developing areas of Central America. Funded through the Foundation, this open-access collection includes background information on key issues, educational illustrations and nutrient comparison charts unique to the local food supply. The Academy will continue to expand its resources in this exciting area. Help enhance them by sharing your feedback in a [brief survey by clicking here](#).

For more information on this project, [click here](#).

### Three Webinar Recordings with CPE Available!

The recorded versions of three Foundation webinars have been released:

- Tossed Treasures: America's Wasted Food Problem and How Dietetics Professionals Can Help
- What's in Our Food? The Science and Safety of Food Additives
- The Nutrition Professional's Guide to GMOs

These recordings were made possible through an educational grant from National Dairy Council. Each recording offers 1 CPEU and includes an infographic. To view these webinars, [click here](#).

