



Winter eBULLETIN



Ann Purcell Murray and Charlotte Meucci

Upcoming Events

- February 11: CDA Legislative Day***
- March is National Nutrition Month***
- March 22: Public Policy Workshop***
- May 2: Walk Against Hunger***
- May 5: CDA Spring Meeting***

President's Message – Charlotte Meucci

Well it is 2010, another year has gone by and I am half way through my term as President. Like the saying goes “time flies when you’re having fun.”

I attended the CDA fall meeting which was another huge success thanks to Wendy Brown, June Greaves and Pat Baird, who put together a great meeting. Thanks also to those of you that helped on the scene that day. We couldn't have done it without you.

In October I attended FNCE in Denver. It was a great time, but I was glad to get home and catch up on my sleep in my own bed. I attended several meetings with other state affiliate presidents and it was clear most states struggle with the same issues: increasing membership and membership involvement. I also went to meetings about Public Policy and a meeting to learn more about pursuing licensure; to hear what other states have done and their struggles and successes. I also hooked up with people I met last year at my President training which was really neat, talking with them now as we are in our term.

A special committee has been formed for Dietetic Technicians, Registered. I wanted to form this committee for Tech's and for the nutrition profession. I am surprised when an RD doesn't really know what a tech is and what they are able to bring to the field. Also I have heard from Tech's that they are worried about their jobs with the changes in their scope of practice and that many of them don't feel like part of the nutrition profession. I am hoping

this committee can bring some changes so these things are no longer what I hear. I have asked Shelly Colon, DTR to be the chair of the committee and I am pleased to say she has agreed. Knowing Shelly and having the pleasure and honor of working with her in the past, I know she will give this committee just what it needs to be a success. She is smart, ambitious and determined. She has what it takes to make this committee achieve the goals they will be setting in the next few months.

Now for the upcoming year, here are few things that I would like you to do and some dates to mark on your calendar.

Please consider getting involved in CDA. The nominating committee will soon be in search of candidates to fill the elected positions for the board of directors. Everyone has something to offer, so give some thought to what you can offer CDA. Also remember you end up benefiting because you meet some great people and truly have fun. Some positions require more time than others so speak with Patti, Meagan or Christine from nominating and see where you can fit. If being on the board of directors seems to be too much, consider being a committee member instead of jumping into a chair position.

Take a look around at your fellow Dietitians and Dietetic Technicians. I would be surprised if you don't see someone who has done some great things, maybe they deserve an award. This spring take the next step and nominate them for an award. You can go online and see which award they may qualify for.

National Nutrition Month is March and this year the theme is "Nutrition from the Ground Up". Start planning now. Are you going to do something in your facility, in the town library or your local school system? Contact Tina Dugdale, if you are interested in being involved.

FNCE is coming to Boston in the fall. With it being so close to us, I have come up with the idea that CDA could hire buses to make day trips up to Boston. We would charge members just enough to cover the cost of the bus. It would be a long day but what a great opportunity. You may not be able to go for the whole conference but even a day you could earn some credits, learn something new, update your knowledge on an old topic, see new products in the exhibit hall and scan poster sessions to see what's happening in research, all while you're having fun. Why tackle traffic and parking when you could relax in the bus and even catch a few zzzz's. I would like to know if this is something you would consider. No obligations I just want to know if it is worth pursuing. Send me an email ohcem@aol.com and in the subject just put "interested" nothing else needed. If I get enough emails, we'll be singing "Wheels on the Bus."

Mark your calendar with the following dates:

February 11, CDA Legislative Day. Join us at the state capitol as we continue to make our state legislators more familiar with CDA, dietetics professionals, and the value we add to life in CT.

March 22, Kick-off for the Public Policy Workshop. Hope you are planning to participate. It's a great way to learn more about public policy and how to let elected officials know what's on your mind. Watch the listserv for more information on how to register and participate in this important event.

May 2, Walk Against Hunger in Hartford. Consider walking. Why not make it a fun day for family and friends and get a group to walk together? If you aren't able to walk that day don't forget to sponsor team CDA.

May 5, CDA Spring Meeting. I already know a great lineup is in store, so plan to be there.

Well, I think I have rambled on long enough. A Happy & Healthy Safe New Year to you and yours.

Charlotte Meucci, CDA President
ohcem@aol.com

Delegate's Report: **Winter, 2010**

The fall 2009 House of Delegates Meeting occurred October 16 and 17 in Denver, Colorado in conjunction with FNCE 2009. Dialogue sessions focused on two issues - the importance of evidence-based practice and the role of the Registered Dietitian and Dietetic Technician, Registered in health reform.



Paula Leibovitz reporting at CDA's Fall Meeting.

Evidence-Based Practice

Strategies for overcoming the barriers related to access and utilization of evidence-based practice resources were identified. They include increasing education for practitioners; offering incentives to practitioners, employers and institutions; and marketing resources to practitioners, employers and institutions.

The House of Delegates approved a motion requesting that by May 2010 the Evidence-Based Practice Committee develop a comprehensive marketing plan, in conjunction with other ADA organizational units. The plan will consider the identified barriers and prioritized strategies for access and use of evidence-based practice resources.

Health Reform

With national policy makers focusing on health care reform, it was important for the House of Delegates to discuss how to engage ADA members as an integral part of future health reform. Delegates felt that the following principles will aid in our goal to reach out to law makers and spread the message that nutrition services are an essential component of comprehensive health care: enhance communications from ADA and affiliates to mobilize members; develop and promote consistent messages on ADA's stance on health reform; utilize social marketing techniques to enhance member participation in health reform activities; offer education and tools to improve member confidence to participate in advocacy activities; and evaluate member participation in advocacy activities to determine effectiveness.

Through this motion, all ADA members are encouraged to respond to health reform "calls to action". The Legislative and Public Policy Committee (LPPC) is charged with taking an

influential leadership role in all future public policy activities that will assure the inclusion of the RD in legislation and regulations. LPPC has been asked to plan legislative training programs to address this urgent need of the membership. Affiliate dietetic associations and DPGs need to collaborate and build partnerships within and outside the Association to effectively position health reform and all critical legislative and policy issues related to the role of the RD as leaders in food policy and nutrition services.

Don't make the mistake letting others act for you. Make YOUR voice heard. As noted above, one very easy way to do this is to respond to "calls to action." It only takes a few moments of your time to act.

New Resource for Members: Research Your Value: ADA's 2009 Salary Survey

Research your value with ADA's new salary survey... this downloadable resource is based on the fourth nationwide survey of dietetics practitioners. The 2009 survey was enhanced in response to member input to include items regarding economy-related job loss and expanded questions on credentials held and benefits offered. Practitioners can use this expansive salary data to better understand the market as it relates to the salary and benefits compensation for a variety of dietetics positions. *The Compensation and Benefits Survey of the Dietetics Profession 2009* is now available electronically at the member price of \$19.95 (\$150 non-members). Download/print this resource at www.eatright.org/salarysurvey.

ADA 2010 National Elections: Connecticut Candidates

Connecticut is well-represented on the ADA national ballot. **Barbara Dubois, DTR** has been nominated for at-large delegate: Dietetic Technician and **Ellen Shanley** is a candidate for nominating committee. The election will occur February 1 through March 3, 2010. Candidate information is available at www.eatright.org/elections. Please make sure you take the time to vote. Every vote is extremely important for our candidates. Let's do our best to support Ellen and Barbara.

Spring 2010 House of Delegates Meeting

The Spring 2010 House of Delegates Meeting will be conducted in a web-based environment and is scheduled for May 1 and 2, 2010. The two topics scheduled to be discussed are related to management and health literacy.

As we enter 2010, I wish each of you a very happy and healthy new year. Stay warm and be active! Our profession and the clients/patients we serve need us more than ever. Please feel free to contact me with any questions or comments.

Paula Kellogg Leibovitz
cda_delegate@dietetics.com



Members at the fall meeting using the Grassroots Manager to send letters to their federal legislators.



Working on CDA's public policy team are Kathy Labella, Jennifer Dahlgren, Teresa Dotson, and Monica Belyea.

CDA Committee Reports

Public Policy Committee: Goals and winter update

Teresa Martin Dotson, CDA's Public Policy Coordinator, has provided the following update on the Public Policy Committee's goals.

1. Increase the Grassroots network (GN) and build the Public Policy Panel (PPP)

- A. Help members identify their representatives at the state and national level
 - 1. All members as of October 2009 have been sorted into the 5 Federal districts
 - 2. Attendees at CDA Fall meeting had their district # printed on their badge and were encouraged to sign letters to their congressperson. Two-hundred and eighteen letters were sent and a live demo of Grassroots manager was done for attendees.

If you have not yet visited the NEW ADA website, I would encourage you to do so and while you are there go to "Public Policy", then "resources" then "grassroots manager" where you can send your own letter to your US Representatives and Senators. Don't let healthcare reform happen without input from us on the importance of including Nutrition.

- 3. District specific email distribution lists established and used for communication
- B. Recruit members by Federal districts and area of practice to be the contact person for district committees, issues, agencies
- D. Provide education on public policy skills
 - 1. Legislative Day scheduled for Thursday, February 11, 8:00 AM - 1:00 PM in the Old Judiciary Room located within the Capitol. Kathy LaBella coordinating this event.
 - 2. Speakers being researched

E. Continue partnerships/collations with other organizations with similar goals. CDA has established working relationships with: Partnership to Fight Chronic Disease(CT chapter)-regarding ongoing media and legislative efforts; CT State Dept of Education (school health council and school wellness issues); CT State Medical Society (disparities presentation); CT Cancer partnership prevention committee (online best practice survey distributed via listserve); Universal Healthcare Foundation of CT; Sustinet BOD (attendance at BOD meetings and recommendations for RD's on committees/task forces submitted 10/30). As of December there are CDA reps/RD's on 3 of the 5 subcommittees and work has begun on development of a CT system of delivering healthcare.

2. Arrange meetings with key contacts at the state level.

A. Governor's office- Will be scheduled

B. Committee chairs- Need to identify CDA members whose state representatives and senators are on the CT Public Health committee

C. State agencies- conference call with CT DPH on 11/23-Discussed our goal areas and asked for input from their perspective.

D. Facilitate face to face meetings between Grassroots Network/Public Policy Panel and legislators - **Legislative day 2/11/2010 and PPW 3/22/10 (Monday) opening session**

3. Respond to public policy issues

A. Health care reform efforts- Facilitate response to Action alerts using grassroots manager

1. Reimbursement-Ongoing contacts with state agencies and insurance companies- Meeting with Anthem 12/11 and ongoing discussions with ADA staff

B. Certification vs. Licensure-As per DPH conference call, from DPH perspective there is "no difference" between certification and licensure. Fees have increased from \$150 to \$190 (initial) and \$50 to \$90 (renewal). This increase was for **ALL** professions who are "licensed" by the state of CT.

C. Obesity- RD on the task force established by Sustinet as above, work with PFCD

D. Child/School Nutrition-10 cents/meal for schools "Healthy Food certified" remained in CT budget

E. Menu labeling - Included in Federal healthcare reform, Sen. Williams (CT) may introduce in CT

4. Recognition of Public policy efforts:

CDA nominated US Representative Rosa DeLauro for the ADA Public Policy Leadership Award in recognition of her efforts on behalf of nutrition, women and children's issue.

You know the saying "Many hands make light work." Please consider sharing some of your time and talent by helping with some of the public policy goals above.

Teresa Martin Dotson, Public Policy Coordinator

TMDotson@gmail.com

Save the Date!

Legislative Day at the State Capitol - Meet Your Legislators

Obtain the skills you need to effectively advocate for effective nutrition policies, for your profession, and also for yourself!

Thursday, February 11

8:00 AM – 1:00 PM

Located in the Old Judiciary Room of the Capitol Building

Speaker: Ellen Andrews, PhD, Executive Director

CT Health Policy Project and Advisory Committee Co-Chair for Sustinet

A box lunch will be served

Watch the listserv for more information. To register, contact Wendy Brown

eatrightct@yahoo.com or call 860-413-9355

Awards Committee: Update

Just a reminder, the Awards Committee is seeking nominations for the following categories:

President's Award

Outstanding Dietitian of the Year

Recognized Young Dietitian

Recognized Dietetic Technician

Emerging Leader

Categories for ADA Outstanding Student Awards Include:

Dietetic Internship

Didactic Program in Dietetics

Coordinated Undergraduate Student

Dietetic Technician

The awards process begins January, 2010, with deadline for submission of nomination applications in February. Please consider your colleagues and students when thinking about current and future dietetic leaders of our profession. Award nomination packets are available from the CDA office (eatrightct@yahoo.com). More information about awards can be found on the CDA Website under member resources; and a listing of past award recipients can be found in the beginning of the CDA operations manual. If you have any questions, please contact Lisa Zarny, Chairperson, Awards Committee at LZarny@stamhealth.org.

March is National Nutrition Month® News

Happy, healthy New Year! March is National Nutrition Month® and it's right around the corner!

This year's theme is *"Nutrition From the Ground Up"* and to start the brainstorming for activities at your sites, and/or with your clients/patients, visit:

www.eatright.org/NNM/content.aspx?id=7831&terms=national+registered+dietitians+day.

In the blue section to the left you'll find all sorts of links to neat promo ideas, reading lists, and nutrition education resources, and even a "quick link" to the NNM Catalog in case you're able to order up some creative give-a-ways.

There is also information about the 3rd annual Registered Dietitian Day to be celebrated on Wednesday, March 10th. What a great time to recognize RD's you know for their commitment to helping people actualize new knowledge and enjoy healthy lives.

Congratulations, in advance, to all of you for your efforts!

I will check in again around mid-February. Until then, have fun planning the ways you can continue to educate and inform! Best always,

Tina Dugdale, Chairperson, NNM 2010
tfdn@aol.com

Food Security Committee: CDA Helps Fight Hunger in Connecticut

Save the date. The CDA will be a proud sponsor of the 27th Annual Foodshare Walk Against Hunger on Sunday, May 2, 2010 in Hartford. Last year's walk brought together more than 3,000 participants and raised more than \$482,000 for the fight to end hunger in Greater Hartford. Please join TeamCDA for the walk and/or join the CDA Food Security Committee to help fight hunger.

Hunger exists throughout Connecticut, in our cities, suburbs and rural communities.

- In Connecticut, 8.8% (122,000) of households, many of them with children, are food insecure (based on latest USDA figures).
- 45,000 (3.2%) people in Connecticut suffer from very low food insecurity at some point during the year (based on latest USDA figures)
- One out of five children, 102,000 youngsters, under the age of twelve, are hungry, or at risk of hunger.
- Connecticut Food Bank and Foodshare, the state's two food banks, provide food for over 350,000 different people annually.
- Working people make up 25% of those using emergency feeding programs (meal site or food pantry).
- Over 212,000 people in Connecticut participate in the Food Stamp Program (based on latest USDA figures).

We can't stop now. Thank you to all the dietitians, their families and friends who have walked in the past. We hope to see you at the Walk Against Hunger on May 2, 2010. Also,

since food bank supplies dwindle in the summer months, families do not have the means to feed their children. The food security committee would like to promote "Help feed a child this summer." Monetary donations verses a non-perishable food donation will go further to help feed a hungry child. A \$1.00 donation to Foodshare will provide 3 ½ meals for a child.

For more information, please email Judy Prager at JPrager@newopportunitiesinc.org or May Harter at mharter@thocc.org. Later this spring you will be able to join Team CDA by going to www.foodshare.org click onto to News and Events then Walk Against Hunger.

May Harter
mharter@thocc.org.

Member Recruitment and Retention

With healthcare reform on its way, it couldn't be a better time to be an ADA member. As the nation's largest organization of food and nutrition professionals, it is increasingly important to be a member so together we can set the path for a thriving future. The larger our organization, the more effectively we can work to be a part of healthcare reforms' medical team, which will further enhance the value of the RD and DTR.

If you are reading this article, you are likely aware of the countless benefits of ADA membership. But how do we prove these benefits to our colleagues that are not members? We can spread the good word. We may share our own reasons for maintaining our membership, perhaps for networking opportunities, indispensable food and nutrition information at your fingertips, or free continuing professional educational activities. We must emphasize that it is a small investment for a great return.

In addition, our next annual Food & Nutrition Conference and Expo (FNCE) will be held close by in Boston, MA in November 2010. ADA members can expect a significantly reduced registration fee. This would be a perfect way to start your membership, with endless learning sessions and networking events that are not too far from home. Did you know that FNCE registration for a nonmember is \$629? Member registration is \$329! If you join ADA this year at \$216 and then attend FNCE, you'll be saving nearly \$100 plus you reap all the tremendous benefits of membership throughout the year!! Let a nearby FNCE be an additional way to get potential members excited about our profession and see how membership can open up many doors.

For more information on ADA member benefits and tips on convincing your employer to reimburse your membership dues, please refer to the following website links.

<http://www.eatright.org/About/Content.aspx?id=8679&terms=member+benefits>

Melissa Castelluzzo, Membership Chairperson
Melissa_castelluzzo@yahoo.com

Member Spotlight: Debi Thompson, DTR

How did you get interested in the field of dietetics? I started working in the dietary department at Middlesex Hospital at the age of 16. I thought I would like to go further with it in college.

What is your educational background? I earned an AS from South Central Community College (now Gateway)

What is your current position? "Lead DTR". I am actually the only one. I supervise the diet office. ***How long have you had this job?*** For about 25years, however, my job responsibilities have changed over the years.

What are the most satisfying aspects of the job for you? I would say interacting with patients to insure their satisfaction.

Describe what a typical day of work is like for you. I try to do meal rounds twice a day. I deal with the overall running conditions of the diet office, the computer, staffing, schedules and patient issues. I also work on projects.

How did you gain the experience for this work? First, when I worked as a diet aide before going to college. The rest from school, and my jobs at Middlesex and St. Francis Hospital.

What do you consider to be the most valuable aspect of being a Registered Dietitian/Registered Dietetic Technician? I guess helping patients with diets and food service issues. Being able to make sure that individual dietary needs are addressed and that everyone is happy. It's known that I am here for the patient.

What advice would you give to someone just starting out in their dietetics career? If your going into the field, go all the way and become an RD. Make sure your school can provide you with the experience required because internships are difficult to find.

CPI: Vendors Needed for Spring CDA Meeting:

We have a wonderful spring meeting planned for May 5th. Now we're lining up vendors - food, medical suppliers, promotional items, activity programs etc. - to add interest and -- defray costs.

Please send suggestions or have companies directly contact **Pat Baird, MA, RD,** pat@patbaird.com.

Mark Your Calendar

**The CDA Spring Meeting will be held May 5, 2010
at the Cromwell Crowne Plaza**

Fall 2009 Meeting Photo Gallery



CDA is pleased to welcome the following new members to our organization:

Nowen Beebe
Gary Brasile
Sarah Brezinski
Andrea Buono
Lauren Dilello
Katherine Duffy
Analisa Eichstedt
Maureen Gerity
Torre Haynes
Courtney Hays
Samantha Hinebaugh
Adrienne Inger
Suzanne Jones

Natalie Kebalo
Cristina Ketchum
Amanda Koczera
Jessica Landis
Eliza Leone
Marissa Loscher
Kelly Markiewicz
Kristen Martin
Jenna McCarthy
Kaylan McDowell-Smith
Jolene Miceli
Jason Muchnick
Christina O'Connor

Julianne Osterhout
Nora Patumanon
Alexis Penney
Anna Ruchwa
Melissa Salomoni
Kristie Uniacke
Kristen Van Wormer
Deniece Villafana
Jennifer Vinci
Marguerite Zaharek
Larissa Zepko

**Become a Fan of CDA's Facebook Page!
Join Facebook and Link to
"The Connecticut Dietetic Association"**

The CDA Cookbook is available for purchase online!

***Connecticut Cooks! Delicious & Nutritious Recipes
from the Connecticut Dietetic Association***

Order your cookbooks online for \$20 by using a credit card. Go to www.dietetics.com/cda and click on the link from the center of the homepage.

Does your place of employment have a gift shop? Would they be willing to sell Connecticut Cooks! Please put them in touch with Wendy Brown at eatrightct@yahoo.com. Connecticut Cooks! is also a great resource for those giving healthful eating lectures. Offer it to you attendees or include it in your class materials.

CDA's website is www.dietetics.com/cda

To join CDA's listserv, please send an email to eatrightct@yahoo.com

If any problems with online access, please email Wendy Brown at eatrightct@yahoo.com or call 860-413-9355

Do you have news that you would like to share with the CDA membership through the *CDA Bulletin*? Please let us know: khanlon@wtbyhosp.org or Melissa.castelluzzo@yahoo.com.

The Bulletin – The Official Newsletter of CDA

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