

*LETTER FROM OUR PRESIDENT*

***“An investment in knowledge pays the best interest.”  
-Benjamin Franklin***



I thought it was fitting to begin my message with a quote from this famous Philadelphian. This year, the Academy’s annual Food and Nutrition Conference and Expo (FNCE) was held in the City of Brotherly Love October 26<sup>th</sup>-29<sup>th</sup>. Statues and quotes from this famous statesman could be found across the city. FNCE 2019 offered educational sessions on hot topics, opportunities to learn about innovative products, and fun networking events. It was fantastic to see MAND’s impressive showing at FNCE, both long-time and new members from across our State attended. An inspiring and knowledge-growing event!

Don’t miss out on investing in knowledge right here in Maine! Save the dates for these upcoming educational and networking opportunities:

**Thursday April 30<sup>th</sup> 2020-** Pre-MAND conference social, network with other MAND members in Freeport. Details to come.

**Friday May 1<sup>st</sup> 2020-** MAND annual Spring Conference, find more details in this issue.

It’s incredible to think that we are almost halfway through the 2019-2020 MAND Board year, how the months fly. Our Board is hard at work with conference planning, improving and increasing member communications and benefits, and working on public policy issues. Find out what we’ve been up to in these newsletter pages. Please don’t hesitate to reach out to us with your ideas or suggestions throughout the year. Email us at [eatrightmaine@gmail.com](mailto:eatrightmaine@gmail.com).

I wish our MAND membership a happy and healthy holiday season!

*Heather*

Heather Healy, RDN  
2019-2020 President  
Maine Academy of Nutrition and Dietetics

**UPCOMING EVENTS:**

**Thursday April 30, 2020-**  
**Pre-MAND conference social**– more details to come!

**MAND Spring Conference:**  
Friday May 1st 2020– Hilton Garden Inn, Freeport Maine–  
*more information in this newsletter!*

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# FNCE HIGHLIGHTS



*Affiliate Presidents at the President's reception; pictured– Lisa Ciccarelli Andrews- OH, Becky Laskowski- LA, Amy Griffin- WI, Heather Healy– ME and Nancy Banda– CA*



*Heather Healy, current AND President Terri J. Raymond and 2017 President Donna S. Martin at the President's Reception*

## RD SPOTLIGHT– JILLIAN TRAPINI-HUFF



### ***Tell us about yourself!***

My name is Jillian Trapini-Huff, I live in Scarborough with my husband and 4 children who are 9, 5, and twin 3-year-olds. I graduated from the University of Maine in Orono in 2003 with a BS in Nutrition, and then from Eastern Michigan University coordinated program with a MS in Nutrition. I have been working mostly in LTC/PAC since, but I also have had some contracts with a major dining company in Boston, a local prison, and a local hospice company.

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

I have so many unique challenges, but I really enjoy working with patients who are on tube feedings and hoping to get off of them. I also really enjoy working with the patients in general. I love getting to know them, helping them with better understanding nutrition, and hearing the individual stories.

### ***Why did you choose to practice in Maine?***

I grew up in Maine, as did my husband. We were married here and just really never left. I love Maine, it has so much to offer in terms of way of life, beautiful beaches, lakes, and communities.

### ***What are your favorite hobbies or pastimes when you're not working?***

I love exploring with my kids, visiting new places and having new experiences. I also enjoy being involved with local and state politics, and being involved with various community committees.

### ***What is your favorite food?***

I think, if I had to narrow it down to one, it would be Thai. The flavors, and all the vegetables and that I can always find something healthy and delicious.

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

Get involved in as many teams and committees as possible to really learn all of the layers of the organization, in healthcare especially.

## MAND SPRING CONFERENCE UPDATE!

Save the date for the 2020 Maine Academy of Nutrition and Dietetics Conference! Please join us for our annual conference on Friday, May 1<sup>st</sup>, 2020 at the Hilton Garden Inn in Freeport, Maine. We have a fantastic line-up of speakers. Exciting topics include FoodMASTER: Reach to Teach, Fetal Origins of Adult Chronic Disease, Plant Power, Diet Climate Connection, From Illness to Wellness: Career Change and Finding What You Love to Do, Cannabis: Weeding Fact From Fiction, and more to come. Additional information to come. We look forward seeing you in Freeport on May 1<sup>st</sup>!

## 4 STUDENT CORNER: U-MAINE DIETETICS

On October 18th, 2019, Nutrition students from the University of Maine visited the newly renovated Good Shepherd Food Bank distribution center in Hampden. On this tour, we experienced firsthand the steps it takes to successfully run a large organization. As a senior nutrition student at UMaine, the experience was quite rewarding. Good Shepherd Food Bank is an amazing organization that does a tremendous amount of service for all of our communities within the state. The new distribution center has a state-of-the-art design and ensures that food is safely stored through the use of its three temperature and humidity controlled zones.



Good Shepherd Food Bank is an amazing organization that is made up of dedicated individuals who have a true passion for ending hunger in our state. It is inspiring to witness such hardworking people pursue their passions to create a facility that will create change in the lives of so many.

Throughout my time in college, I've volunteered at various food pantries in the northeast. I've noticed that there is a huge barrier in being able to provide fresh, local, and healthy fruits and vegetables to individuals who are food insecure. With this new centrally located distribution center, Good Shepherd will be able to annually distribute an estimated 10 million meals to Mainers! This is very exciting, especially for students that are just beginning their journey in the field of nutrition. The focus on providing access to healthy foods and education about nutrition for all individuals is an exciting aspect of our field of study. Good Shepherd Food Bank explained that they are doing just that through their 10-year plan to close the meal gap in Maine. They have four pillars to support this plan: infrastructure, local and nutritious food sources, research education and advocacy, and community-based distribution models and programming. This distribution center is breathtaking to walk into and it is eye-opening to hear the numerous programs that take place here.

I know that as a Mainer, seeing this facility made me feel fortunate to live in this state. This organization provides the basic necessities to people who need it most, and for students, I think that it is critical to understand this issue that our entire country faces today.

Maegan Perrault  
Senior undergraduate 2019-2020 MAND Student Representative

# HOUSE OF DELEGATES UPDATE

Greetings from your MAND Delegate!

This year is my first year as an elected Delegate, and I am so far having a great time! The Academy of Nutrition and Dietetics House of Delegates (HOD) had its annual fall meeting prior to FNCE in Philadelphia, PA, on October 25<sup>th</sup> and 26<sup>th</sup>. This year's meeting focused on two main topics: *Technology/Big Data* and *The Total Diet Approach*. I want to thank all of you who participated in the pre-meeting surveys that were sent out in September, I appreciate your feedback and it proved very helpful in my discussions with the other delegates at the meeting.

Objectives for the *Technology/Big Data* discussion included:

- 1) Delegates will report increased knowledge of and advocate for how technology/Big Data can be utilized to advance the profession;
- 2) Task forces will be established to work collaboratively on gaps identified during the dialogue.

At the end of the discussion, delegates at the meeting reported that they had a better understanding of how Technology and Big Data and feel confident in helping to facilitate its role in shaping the future of our profession. Each table of delegates also brainstormed specific paths through which RDNs and NDTRs can use the benefits of Technology and Big Data to elevate the profession through Knowledge expansion, collaboration, and “cross-pollination.” Finally, the delegates largely agreed that keeping our Code of Ethics at the forefront when utilizing these resources will be paramount to ensuring our members become and remain leaders in this field going forward.

Objectives for *The Total Diet Approach* discussion included:

- 1) Develop recommendations for the Academy Board of Directors on the “Total Diet Approach” terminology and stance as an effective message to communicate food and nutrition information to the public;
- 2) Answer the question: “Does the Total Diet Approach stance position RDNs and NDTRs as trusted advisors for consumers?”

Each table of delegates held a lively brainstorming session and discussion where each group came up with a proposed new wording to the Academy's [stance](#) on The Total Diet Approach. Each group shared their proposed new wording, and each of these proposals will be considered by the Academy Board of Directors for a new official stance, which will be voted on by the House of Delegates. Collectively, delegates agreed that the sentiment of the Total Diet Approach is still relevant to the dietetics field, while at the same time an update to some of the language used would help bring the Academy's stance on this issue into the 21<sup>st</sup> century.

Once again, I want to thank all of the members who filled out a survey and just in general for supporting me as your Delegate. I hope that I have and will continue to represent all of the members of MAND, no matter your area of expertise. Please don't hesitate to reach out to me if you have questions, you can email me at [maineANDdelegate@gmail.com](mailto:maineANDdelegate@gmail.com).

Rachael Hall, MS, RD, CSG, LD

# MAND PUBLIC POLICY UPDATES

Marcy Kyle, RDN, LD, CDE, FAND, the Academy's immediate past Speaker of the House of Delegates and member of the Board of Directors and the Maine Academy Public Policy Panel, represented the Maine Academy of Nutrition and Dietetics at Senator King's policy prevention forum and presented with contributions by Patsy Catsos, MS, RDN, LD, Maine Academy of Nutrition and Dietetics (MAND) and Public Policy Panel member.

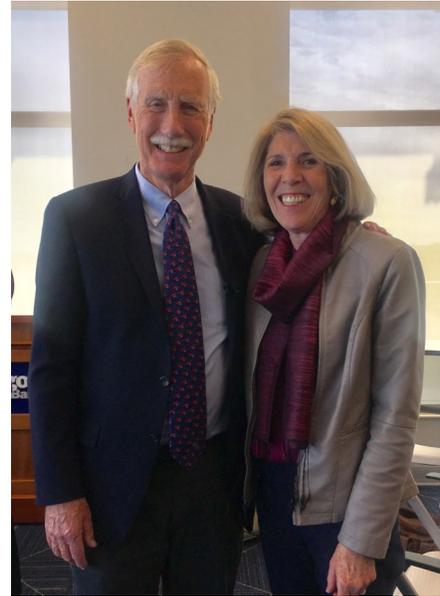
More than 50 people attended Senator King's field hearing in Bangor to discuss future preventative health care initiatives. Senator King said the information gathered at the hearing will help guide legislation to promote health care versus sick care by expanding Medicare Services focused on prevention as well as supporting programs already in place. Two panels included: Dr Armand Harack, Bipartisan Policy Center; Holly Collins, Mercer; Lauri Dwyer, Penobscot Community Health Center; Jamie Comstock, Public Health department; Dr Susan Wehry, UNCE Geriatric expert; Lori Parham, AARP; Diane Dickerson, Bangor Region YMCA; and Dr Cliff Singer, Acadia Northern Light.

The day started with panel members from Maine and around the country presenting their areas of expertise on prevention from early childhood to seniors. Then Senator King held an open mic session and asked all of us in attendance for their ideas to fill gaps in preventive services to take back to Washington. I represented the credentialed Registered Dietitian Nutritionists and Nutrition Dietitian Technician Registered. Other health care professions represented at the hearing were physicians, nurses, student nurses, and occupational therapists, along with school counselors, employers, insurance providers and state and federal agency officials.

During a break, I was able to speak with Senator King and his health aide, Megan Descamps [megan-descamps@king.senate.gov](mailto:megan-descamps@king.senate.gov), and asked him to sign on to the Academy's Treat and Reduce Obesity Act (S.595) that would expand services for obesity care to Medicare recipients, emphasizing that treatment of obesity can lead to prevention of chronic disease. I also provided a packet to Megan that included the MAND document, the issue brief for Academy members titled *Value of Nutrition Services in Prevention and Treatment*, and documents from the Academy's MNTWorks Kit documents: *Medical Nutrition Therapy ADA Evidence-based Nutrition Practice Guidelines*, *MNT Providing Return on Investment*, *RDs Provide Better Health Outcomes*, *Testimonials* and *ADA Evidence-based Nutrition Practice Guidelines*.

I sent a follow-up thank you letter to Senator King. The MAND Public Policy Panel will stay in contact with Senator King's Maine and Washington staff to continue to build on this opportunity to advocate for Medical Nutrition Therapy and the food and nutrition credential professionals who play a key role in shaping the public's food choices, improving people's nutritional status and preventing and treating chronic disease. I have included an article and YouTube link to television coverage of the event as well.

Marcia A Kyle, RDN, LD, CDE, FAND  
Immediate-past Speaker of the Academy of Nutrition and Dietetics



*Pictured: Sen. Angus King and Marcy Kyle*

## WHAT'S NEW: THE ACADEMY



### **Get a Member – Get a Dues Credit**

Help your colleagues connect and collaborate by recruiting them to join the Academy with the Get a Member – Get a Dues Credit program. For each qualifying recruit who joins using promo code GET20 and enters your first and last name into the “Who referred you to join today?” section of the membership application, you will receive a credit toward your 2020-2021 Academy membership dues. [Click here](#) to learn more.

### **Online Certificate of Training Program: Integrative and Functional Nutrition**

Develop competency and earn CPEUs online with a new program on digestive health, dietary supplements, inflammation and more. This certificate of training pro-

gram was planned by the Academy's Center for Lifelong Learning and the Dietitians in Integrative and Functional Medicine dietetic practice group. Don't miss out on the opportunity to become an expert in this rapidly growing field and Module 3 is also now available. [Click here](#) to learn more.

### **Scoping Review: Topic Experts Needed**

The Academy's Evidence Analysis Center is seeking content advisors to assist with a scoping review of several popular diets, including keto, Mediterranean, Paleo and intermittent fasting, and their health effects. [Learn More](#)

### **December 10 Free Webinar: 'Ayurvedic Nutrition and Assessment'**

The Indians in Nutrition and Dietetics member interest group invites all Academy members to take part in a December 10 complimentary webinar titled “Ayurvedic Nutrition and Assessment: A review of 6 tastes, elemental qualities of foods, stages of digestion and meal planning.” The webinar will begin at noon Central time. [Learn More](#)

### **January 15 Nomination Deadline: Academy's Highest Awards**

Recognize those who have advanced the profession, exhibited leadership and shown devotion to serving others in both nutrition and dietetics, as well as allied fields, by submitting an intent to nominate by January 15, 2020. [Learn More](#)