

Western Maryland Area Health Education Center
Dietetic Caucus Minutes
January 9, 2014

The meeting was called to order at 4:35 pm by Theresa Stahl. The November 7, 2013 meeting minutes were reviewed, Lisa moved to accept the minutes and Kay seconded the motion, and the minutes were approved.

Present were:

Elizabeth Kauruter	Lisa McCoy	Joy Taylor
Theresa Stahl	Linda Sweitzer	Kay Leigh
Marcy Etherson	Joni Brode	Jennifer Wilson
Brenda Ridgway	Jennifer Perrin	

REPORTS

Treasury Report:

Joy reported that there were no changes to the treasury; the current balance is \$436.78.

WMAHEC Board of Directors:

Jennifer Wilson reported on the board meeting where funding for the WMAHEC was discussed. The funding is not good yet no worse than it had been. They submitted grant applications/proposals for funding. One of them is a large dollar amount: Mountain Health Alliance. If they are awarded this grant, it would make them secure in their funding for a few years.

Continuing Education:

Linda Atkinson was not present at the meeting. No report given.

There was no news on the Bariatric subcommittee but they are still planning to have a CE program. Plans are to have both the doctor and the dietitian provide the training presentation.

OLD BUSINESS

Listserv & Web Page:

The member listserv was circulated for review and updates.

National Nutrition Month Projects:

RD of the Year Award

The selection committee will be Lisa McCoy, Meredythe Barrick (unless she does not want to be on it) and Marcy Etherson. Marcy will contact Meredythe to inform her and make sure she still wants to be a part of the committee. Joy will send out the announcement to ask for nominations. These will be due back by the end of January.

Recipe Books

Brenda reported that the Community Relations Department at the Health System said they are willing to pay for the cookbooks, but they must be distributed free of charge. So this cannot be a fund raiser for the caucus. However, it will have both the WMHS and the dietetic caucus's names on it. It will be a National Nutrition Month project for 2014, even though it will only be getting started in 2014. The caucus will have to do all the work and the lay out. The cookbook sub-committee will meet and will decide on a recipe format. All RD's will be able to give them away, not just the hospital RD's. Theresa said she wants us to give one to each of the libraries also.

NEW BUSINESS & OTHER ANNOUNCEMENTS

National Nutrition Month 2014

Theresa spoke with Deb Frank. They want to be involved but the Culinaire Café is closed the week in which RD day falls, which is March 12, 2014. But, Deb Frank said they could do something the week before or after RD day. Theresa will contact Deb again to ask her if she wanted to do a lunch or dinner time event, and what hours they could handle us. Deb wanted to know what we want the focus to be: the RD's want the event to go along with this year's theme of Nutrition Month which is taste, and they also want the theme to include vegetarian. After discussion, we settled on "healthy and tasty". Brenda brought up who will pay for the celebration since the caucus funds are so low. We may need to pay for ourselves. Theresa said she will find out what the charge will be from AC, then she is to email us and we will decide who will pay after we know the cost.

Collecting Meeting Notices

Many in attendance thought we had decided not to do this anymore but the meeting notices still are being collected for a drawing for a free CE.

Spa Gift Baskets

Linda reported that she has put together a "spa" gift basket that is almost complete. The gift basket committee consists of Linda Sweitzer, Joni Brode and Lisa McCoy. We need to have items given to Linda by February 14, 2014 so the committee can put the baskets together. She will get pictures of the baskets or a list of contents and we will all get tickets to sell chances on the baskets. The tickets will be \$1 each or 6 for \$5.

Further discussion about fund raising led back to the 50-50 raffle. The pros and cons of doing this were discussed. More people, although not everyone, felt the 50-50 raffle is a good idea to raise money for the caucus so we will proceed with this fund raiser as well. Brenda will get the tickets for the 50-50 raffle. There is no obligation to sell tickets.

Theresa asked for a volunteer to send an email to the whole caucus to inform them of the fundraisers, and Linda volunteered.

Highlights of RD Activities

Liz did a group presentation at St. Patrick's Church in Cumberland; she used My Plate for the presentation.

Theresa reported that the hospital is doing a Mile Movers challenge. Info can be found at www.wmhs.com. It focuses on work sites and prizes are to be awarded for participating.

Brenda reported she is doing "Demo and Dine" once a month with Pete, their cook. The cost is \$15 to cover food. Flyers were handed out to advertise the upcoming programs.

Theresa just started a new 10 week session of Change to Win. If participants lose weight they get their money back and most folks who have participated in the past have gotten their money back.

Liz is doing a weight management support group; they usually have 15 participants.

Jenn reported the diabetes support group meets monthly with different topics each time. They usually have 15 to 20 participants.

Kay reported the bariatric support group meets monthly. This month they are having a clothing swap. This group is for people considering, or have had, bariatric surgery.

Joni does a heart healthy presentation twice a month.

Brenda reported they are still doing grocery store tours and they will be at Martin's on RD day. The tours are usually once a month but in March there will be two.

The meeting adjourned at 5:55 pm. Those who were able reconvened at Ginger's Restaurant. The next meeting date will be determined by when the RD day festivities are held. There will be a brief business meeting then as well.

Respectfully submitted,
Marcy Etherson, RD