

Western Maryland Area Health Education Center

Dietetic Caucus Meeting

January 7, 2016

The meeting was called to order at 5:05 pm by Theresa Stahl, chair.

The minutes from the November 5, 2015 meeting were reviewed and accepted. (Motion by Lisa McCoy, second by Jennifer Wilson)

Present were:

Kay Leigh

Jennifer Wilson

Shirley Charm

Lisa McCoy

Joy Taylor

Melody Lindner

Joni Brode

Ruth Chisholm

Theresa Stahl

Hana Pike

Jacquelyn Ambrogio

Marcy Etherson

Jennifer Perrin

REPORTS

Treasurer Report:

Kay reported that the balance was \$514.16.

WMAHEC Board of Directors:

The annual awards dinner will be held on June 21st at Rocky Gap. AHEC will be changing their name to AHEC *West* in the next few months. Baltimore AHEC has a new Executive Director, Michelle Clark, who used to be with Rural Health.

Continuing Education:

Theresa reported that we did not make as much as hoped from the Eating Disorders Update because the CE fee was \$5.00/certificate for dental, dental hygienist and IT staff was more than expected. Allegany College of Maryland did not take their half cut. We have not received the actual amount yet.

OLD BUSINESS

Listserv & Web Page:

The member listserv and webpage were circulated for review and updates.

National Nutrition Month Projects:

Dietetic Caucus Cookbook

Kay circulated a rough draft of the cookbook among members at the meeting. Other graphics will be added to the cookbook. Theresa offered to write a brief introduction including an explanation of what a RDN is and their credentials. Other suggestions included substitutes, volume measure, cooking terms and list of herbs and spices with recommended uses. It was also suggested that we include a disclaimer about this not being a substitute for medical care. Another suggestion was to include a picture of the dietetic caucus in the cookbook – Joy will let us know the date of the picture. It was undecided how many to print.

NEW BUSINESS AND OTHER ANNOUNCEMENTS

Meeting notices were collected from those that brought them for the CE raffle. It was decided to forego the drawing for the \$25 CE drawing for 2015 due to our financial limitations.

Highlights of Dietitian Activities / Announcements

- Kay reported that the Bariatric Support Group meets the 4th Thursday of the month. January's speaker will be a pharmacist, February will be a food demonstration by the dietetic interns and Dr. Small will speak to the group in March or April.
- Joni reported that Heart Healthy Nutrition information will be online for the rest of the year.
- RDs will be participating in a health fair at the Federal Correction Institute.
- Diabetes support group meets the 1st Tuesday of the month. Dietetic interns will be doing a food demonstration on heart healthy breakfast in February.
- There will be a young adult diabetes support group starting in January that will meet on the 4th Thursday of the month.
- The Insulin Support group meets every other month. The next on the one is scheduled for January 12th at the Holiday Inn from 6-9 pm.
- Weight management support groups have been cancelled.
- Theresa reported that she has 3 new "Change to Win" classes that have started with 45-50 people.
- Theresa co-presented with a therapist at a stress management program in December.
- ACM sponsored a holiday eating program in November with speakers and food demonstrations.
- Jennifer Perrin presented at the pediatrician's meeting
- Smart Moves is starting February 29th. This is a 12 week youth wellness program with exercise programs twice a week at the YMCA. Heights and weights will be recorded with the participants at the beginning and end of the program. Cost is \$20.
- It was announced that there is a new endocrinologist in Cumberland.
- Lisa reported that she has received the training to be a lifestyle coach for the YMCA Diabetes Prevention Program and will begin a class in the next few months.
- Theresa shared a flyer with a summary of the new dietary guidelines released in early January. She noted that there is no change in the sodium recommendation (2300 mg) and one addition was restricting sugar intake to 50 grams/day/2000-calorie diet.

2016 Outstanding Dietitian of the Year Award

The committee will be Kay Leigh, Marcy Etherson and Meredythe Barrick. Discussion about modifying the nomination form to be able to include other things. Nominations are due at the end of January. It was also discussed that it is not necessary to have an award winner every year if we do not receive any nominations. Anyone is welcome to serve on the committee as well.

RD Day

The theme for this year's National Nutrition Month is "Savor the Flavor". It was decided that we would hold our celebration at our regular Dietetic Caucus meeting on March 3rd. It will be held at the

hospital with dinner (catered by the hospital) at 6:00 pm. We will offer seated massages from 5-6 pm. A committee was formed to finalize details and those members are Theresa, Jennifer Wilson, Lisa and Liz.

The meeting adjourned at 6:32 pm.

The next meeting is scheduled for March 3, 2016 at 5 pm at WMHS (Room #4) with dinner to follow.

Respectfully submitted,

Lisa McCoy, RDN