

## AHEC-West Dietetic Caucus Meeting Minutes

Thursday, July 7, 2016

Attendance: Kay Leigh, Lisa McCoy, Joy Taylor, Hana Pike, Marcy Etherson, Christina Mackereth

The meeting was called to order at 5:10 by Kay. The minutes from the May 5, 2016, Dietetic Caucus meeting were reviewed. Lisa moved to accept the minutes and Hana seconded the motion; the minutes were approved with no corrections.

### Reports

Continuing Education: Kathy Condor was not present so we did not finalize the Sports Nutrition CE idea. But we discussed whether sports nutrition would be a topic of interest in this geographic area and if it would draw people to attend. The sports trainers and gym trainers would benefit from a program like this but we questioned if they would attend. We also discussed calling the program something other than Sports Nutrition to try drawing more attendees. Joy suggested having a focus group with some of the fitness center owners to get their thoughts and recommendations. We discussed other draws, such as having an RDN from a professional sports team speak, or a local athlete that went on to play major or minor league sports. It was also suggested to have someone from the Beach Body franchise but we agreed we don't want a speaker who would promote taking shakes or lots of supplements. Kay said if we have other ideas for seminars we should let her know and we will pursue them.

Treasury Report: there is \$587.64 in the caucus account as of the end of May as reported by Joy for Jennifer Perrin.

AHEC West BOD: no report was given as Theresa was unable to attend the meeting. But Joy and Hana reported that the Awards Dinner at Rocky Gap was very nice and the meal was very good. They both think it is a great venue for the dinner and would recommend having it there again. Attendees were given \$10 in free casino cash to spend after dinner.

### Old Business

The lists were circulated for those in attendance to update their information on the Caucus member and mailing lists.

National Nutrition Month Projects: The 'never-ending' cookbook project was discussed. The Health System does not appear to be willing to print the cookbook at this time, even though they had agreed to in the past. Kay is still working on this but not getting cooperation from the people she needs to speak with at the Health System. Ideas for self-binding were discussed. Joy asked about including a photo of the Caucus. Marcy said her name should be removed from the Committee because she did not contribute to the project and never was informed when the meetings were, so her name should not be associated with the committee who did it. Then Christina from AHEC joined the meeting and brought a wealth of information on getting a cookbook done by Morris Press. She did a cookbook with the Oldtowne United Methodist Church. By selling ads she said we could cover the entire cost of the cookbooks and we wouldn't have to sell them, or we could sell them at a low cost and it would be all

profit. She brought a “cookbook kit” and several books for us to see different styles. Christina said it was a great project for their group and she offered her assistance if we need it.

### New Business and Announcements

Dietitian of the Year and RD Day plans: A committee will be selected in September.

Joy announced that AHEC got the state funding for the “Connector Entity”, previously known as Healthy Howard, for Garrett, Allegany and Washington Counties. It needed to be managed locally, and that trying to do it from Howard County on the western end of the state was too large an area to manage.

Kay asked if we wanted to start having a CEU provided with our Caucus meetings as we had in the past. Those in attendance agreed we do not want that. We agreed that there are many free webinars available so that it is easy to get our credits and we don’t want or need them with the meetings at this time.

Highlights of Dietitian activities:

- Liz, the Nutrition Manager at the Health System is going to have a baby soon
- Joy reported that Katie Salesky, CDSMP, DPP, Master Trainer, who is new to AHEC, is taking the lead on the Prediabetes Grant (Grant #1422.) She may be the new liaison of our caucus, as there is some job redistribution being done at AHEC, but this is not certain yet. The state of MD is having the AHEC’s handle the prediabetes program through this grant.
- Marcy mentioned that Mid-Atlantic Healthcare purchased all the Magnolia Homes in Maryland.
- Lisa announced she is having a Pressure Canning class on August 10, the cost is \$35. People can register through the Extension.

The business meeting was adjourned at 6:35 PM, with a networking dinner to follow.

The next meeting will be Thursday, September 1, 2016 at 5:00 PM at the WMHS Auditorium.

Respectfully Submitted,

Marcy Etherson.