



President's Spring Greetings

Dear PDA Members,

I'd like to extend the warmest of greetings to all on behalf of the entire PDA Board. Over the past 12 months, we have worked hard to provide you, our valuable members, with an abundance of meaningful opportunities to learn, network and connect with our community. By the end of May, we will have organized a total of 14 events for the 2016-2017 membership year, and that is something that we (and hopefully you too) are excited about!

In February, PDA held an extremely successful Spring Career Paths Panel in conjunction with West Chester University. We organized a panel of 5 RDs (composed of professional volunteers like you!) who drew over 50 students in attendance. This is a clear sign that our local students sincerely value PDA's commitment to help them in their journey towards becoming a full-fledged dietetic professional.

In March, we held a professional networking event at Tower Hill Brewery in Chalfont where budding professionals and veterans alike were able to mingle and enjoy a relaxing time together. To honor all of our dedicated dietetic professionals in the area, we followed the footsteps of both the national and state Academy to declare March 8th as Registered Dietitian Nutritionist Day in the City of Philadelphia. As promised in our commitment to increase PDA membership benefits, we also held our second-ever webinar in March on *Building a Virtual Private Practice (and Making Money On the Side)*. With a resounding response of over 30 registrants, we have heard you loud and clear and will strive to provide virtual learning opportunities in the future.

April was arguably our district's highlight as PDA hosted the state-wide *Annual Meeting and Exhibition (AME)* of 2017. We were very proud to host the largest gathering of dietetic professionals in the state, which boasted a grand total of 306 attendees. Many thanks to our AME organizers, who generously volunteered many months of their time, our distinguished speakers and panelists, our sponsors and exhibitors, and of course all of our attendees for contributing to a very successful AME this year. It certainly was a wonderful way to mark the 100-year birthday of PDA.

To wrap up our membership year, upcoming events for you include our community outreach event with MANNA, where volunteers will be rolling up their sleeves to prepare meals for our area's most high-risk clients. Due to a very high level of



interest, we are planning on adding an additional event with MANNA in the summer months. Meanwhile, please join us for our final networking event on Wednesday May 31st in Center City.

It has been a genuine pleasure to serve at the helm of PDA for 2016-2017 and the reasons are truly numerous. For the past 12 months, I've been able to serve alongside some of the most dedicated, creative and generous people that I know. I've learned that together we have a tremendous resolve to continuously improve our organization, and I've also learned that our members will respond to our efforts by making us one of the largest and most active districts in PA. PDA is composed of a very vibrant and involved group of professionals, a group which is hugely supportive

and committed to taking care of each other, our students and our community. And after hosting such a successful state conference, I am certain that these trends will stay within our district because of members like you.

As the current membership year comes to a close, I'd like to share how grateful our organization is to each member of the PDA Board and the AME Planning Committee for such a successful year. These individuals have worked tirelessly to bring you a fabulous calendar of events, and although a simple "thank you" does not fully capture our sentiment, we truly thank all of you for your time, service and commitment. Lastly, I would like to wish only the best to Colleen Tewksbury as she takes on her new role as our incoming President and to the 2017-2018 PDA Board.

If you feel like PDA has in any way contributed to your professional endeavors and growth, then the best way to support our organization is to continue to be a part of it. As the membership renewal period is now open, please consider logging on now and renewing your membership for the 2017-2018 year (or better yet, consider getting involved by joining our volunteer Board)!

Best,
Jennifer Lai

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PDA Board Nominations

Interested in being more involved in the Philadelphia Dietetic Association?

Several PDA board positions will be open for the 2017-2018 membership year including:

- President elect
- Membership Chair elect
- Scholarship Chair
- Council on Practice elect
- Career Guidance Coordinator
- Student Representative

For interested members, please prepare a short bio of yourself and send to Liz Smith at Elizabeth.Smith5@uphs.upenn.edu

We thank you for your interest!

PDA Annual Scholarship Winner

Congratulations to Sarah Ginn, the recipient of the 2016-2017 PDA Scholarship Award, in the amount of \$500. Sarah is a current dietetic intern at Immaculata University. Prior to going back to school for nutrition, Sarah worked as an executive chef in Philadelphia. She helped open Pure Fare and Agno Grill, and most recently designed the menu at Real Food Eatery. During her time as an executive chef, Sarah organized community cooking classes, conducted cooking demonstrations, partnered with local farms, and had recipes published in The Philadelphia Inquirer and Self Magazine. As an RD, Sarah hopes to combine her knowledge of nutrition and culinary skills in order to help evoke in others a love for cooking, a sense of excitement when trying new foods, and the ability to live a healthier lifestyle.

2016-2017 PAND Awards

Each year the PA Academy of Nutrition and Dietetics reviews applications from RDNs, DTRs and students throughout the state who qualify for various awards and scholarships. PDA is proud to announce that two members of the Philadelphia district were recipients of a PAND award – Talene Derbabian received the Recognized Young Dietitian Award and Stella Volpe received the Outstanding Dietetics Educator Award.

Talene earned her Bachelor's degree in dietetics from the University of Rhode Island and completed her master's degree in Health Administration at Saint Joseph's University. Talene began her career with Sodexo as a clinical dietitian at Don Guanella – a home for adults with disabilities. This rewarding experience gave her the opportunity to work with other disciplines to develop innovative programs to help residents lose weight.

In 2012, she left the senior services division and moved to Sodexo Healthcare working as a Clinical Nutrition Manager at Lower Bucks Hospital and then following at Chestnut Hill Hospital. Currently, she works for Metz Culinary Management where she is the System Clinical Nutrition Manager within the Crozer Keystone Health System. Talene is involved in the Philadelphia Dietetic Association and has served as the PADA Nominating Chair, PAND Nominating Committee Philadelphia representative and is currently the Membership Chair. In her spare time, she enjoys cooking, gardening, and walks with her dog Moe.

Stella L. Volpe, PhD, RD, LDN, FACSM is Professor and Chair of the Department of Nutrition Sciences at Drexel University. She is a nutritionist and exercise physiologist whose work on obesity and diabetes prevention, body composition, bone mineral density, and mineral metabolism and exercise represent more than a decade of consistent funding. Prior to beginning her appointment as Professor and Chair in January 2011 at Drexel University, Dr. Volpe was on faculty at the University of Pennsylvania from 2004-2010. Prior to that appointment, Dr. Volpe was on faculty at the University of Massachusetts from 1994 through 2003.

Volunteer Opportunity

PDA Volunteer Event at MANNA Monday, May 22nd from 5pm to 8 pm

Join PDA in volunteering at MANNA on 5/22/2017 from 5pm-8pm. MANNA is a local organization that provides meals to critically ill individuals. Come ready to spend the evening in the kitchen – we will be doing anything from chopping vegetables to packing breakfast bags, so dress comfortably and in closed toed shoes.

If interested, e-mail Courtney Masterson at masterson62@gmail.com for more details. MANNA is located at 2323 Ranstead Street, Philadelphia, PA 19103.

Delegate Report

Susan E. Adams MS, RD, LDN, FAND, Chair of Delegates, representing Philadelphia and the Lehigh Valley

Spring House of Delegates Update

Dear Philadelphia Dietetic Association Member,

It was a busy spring for the House of Delegates! The HOD met virtually over the same weekend as the PAND AME (April 22-23, 2017) so I pulled double duty representing you.



On Saturday we discussed the Mega Issue Question: How can credentialed nutrition and dietetics practitioners elevate the profession, expand opportunities, and enhance practice for the Second Century? We were using the technique of Appreciative Inquiry and discussing the “Best of Stories” that many of you related to us via the Survey Monkey questionnaire that was sent out last December. The day was jammed packed with useful information on how to elevate our profession. Look for “value added” activities in the future (webinars, journal articles, perhaps ACEND requirements etc.) that seek to elevate the profession of dietetics in the future.

The second day was devoted to further discuss the topic of “Wellness and Prevention”. As with the Second Century discussion, there was a fruitful discussion on the topic of “Wellness and Prevention” and look for additional “value added” activities concerning this topic as well.

For those members that would like to know more, please access the following link for the background information available:

www.eatrightpro.org/resources/leadership/house-of-delegates/about-hod-meetings

Thank-you all for allowing me to represent you this past year and I encourage you to contact me if you have any questions at all concerning the Academy of Nutrition and Dietetics or the House of Delegates. I can be reached at seadams@rcn.com.

Sincerely,

Susan Adams, MS, RD, LDN, FAND
HOD Delegate, representing Philadelphia and the Lehigh Valley

PAND AME Reflections

Erin Fischer, Dietetic Student, Immaculata University

I had the opportunity to attend the Pennsylvania Academy of Nutrition and Dietetics (PAND) 2017 Annual Meeting and Exhibition (AME). This event was held Friday, April 21st through Sunday, April 23rd in King of Prussia, PA and the theme was “100 Years of Dietetics: Celebrating the Past, Navigating the Future.” As a dietetic student and first time attendee, I felt honored to participate in this amazing milestone event.

I gained a wealth of information, beginning with the keynote speaker, Jane Ryan, who talked about “Advancing the Reach of Nutrition.” Many sessions followed, where I learned about the latest research in nutrition, science, and behavior. Presenters spoke about traditional and nontraditional roles that are available in the field of dietetics, as well as public policies pertaining to my future profession. I observed PAND’s board meeting where I heard about activities at the state level. Many of our peers in the field received recognition and awards during the breakfast award ceremony. Later in the conference, the president of Academy of Nutrition and Dietetics, Lucille Beseler, provided us with exciting updates at the national level.

In addition to the educational sessions, I visited with a variety of exhibitors and connected with other students and professionals in the field of nutrition. I left the conference invigorated and excited about my future and I am looking forward to attending AME 2018.

Ziqian (Irene) Li, Dietetic Intern, Immaculata University

On April 22nd, 2017, Dr. Amanda Jones and Dr. Laura Frank together gave a great speech on “EPIC: Pediatric obesity. Evaluation, Treatment, and Prevention in Community Settings”. With the collaboration of physicians and registered dietitians, the EPIC module was developed and utilized in the past year. Based on the pre- and post-survey of the training program, the influence of the program was significant. More than 90% of participants indicated that they would make a change in their practice.

During the session, Dr. Jones and Dr. Frank covered topics from the cause of childhood obesity to specific interventions. They ended with an advocacy for working as a group in the community to fight against pediatric obesity.

The prevalence of pediatric obesity is growing each year. Because of the adverse effects of obesity on the body, it is critical to address obesity as a disease and apply

PANDA ME Reflections continued.

intervention as soon as possible. Dr. Jones made a great point on the urgency of identifying obesity and preventing comorbidities. She said, "when kids are getting cardiovascular disease, hyperlipidemia, diabetes, etc., which we used to get in our 50s or 60s, they need to manage the disease for much longer time than we used to do." Then, Dr. Frank went into details on factors that can lead to childhood obesity, which include increased screen time, larger portion size, parents not being a healthy-eating model. Strategies and tips were also given in helping with conquering these barriers from achieving a balanced lifestyle. Portion control using a hand, healthy snack choices, promoting water drinking, being smart when eating out, and using of the "MyPlate" as a guide for healthy eating are some examples of the interventions. Dr. Jones followed the topic with an explanation of the "5-2-1-0 Every Day" (Philadelphia: "2-1-5 GO!") program. It promotes a healthy lifestyle in kids. "5" or more fruits and vegetables; "2" hours or less screen time; "1" hour of physical activity and no sugary beverages. Dr. Jones also provided resources that family can utilize for activity ideas.

Mental health is another emerging problem with obese children, which can be easily neglected during practice. Dr. Jones said that by simply asking the kids if anyone in their school has given them a hard time would be helpful in identify these issues. Later on, when talked about motivating the family to change, Dr. Jones related back to mental health, saying that it could be a good starting point of talking about obesity to the family and it also can be a good motivation for the family to start change. Lastly, Dr. Frank and Dr. Jones advocated on the collaboration of the community to help intervening pediatric obesity. Schools and community are crucial in forming a healthy environment for children. Physicians and registered dietitians need to communicate with each other in forming a care plan for obese children.

At the end, Dr. Jones briefly touched on the billing and coding of pediatric obesity. Currently, not many private insurances reimburse for a primary diagnosis of obesity, but they usually reimburse for counseling time on obesity if other obese-related comorbidities are presented. The PA Medicaid reimburses obesity as a primary diagnosis and does not have a limit on visits. Dr. Jones and Dr. Frank concluded the session by drawing attention on the future direction of the EPIC program and possible research that can be done in the area of pediatric obesity.

March Webinar

Amanda Foti provided a one-hour webinar on the how-to's of developing a virtual private practice. She discussed the use of mobile apps and social media as a way to not only market individual services, but also as a way to provide monitoring and feedback to patients. Amanda also discussed, in detail, how she has built her private practice without depending on insurance reimbursement. This program was awarded a one-hour CEU.

March Membership Event



PDA sponsored a membership event at Tower Hill Brewery on March 9th. Tower Hill Brewery is a cozy brewpub located in Chalfont, PA.

PDA Career Panel

Anita Anim MPH, RD, LDN, Career Guidance Coordinator

On February 27, 2017, PDA continued its popular bi-annual Career Paths Panel at West Chester University. Students gained insight into various career options in dietetics and learned how each of our panelists became dietitians. Panelists answered questions regarding their past and current career experiences, professional challenges and successes, and tips for getting matched to a dietetic internship. Every panelist stressed the importance of working hard and never getting up of your life goals, especially if you don't get matched to an internship the first-time around. Other common themes discussed were the importance of networking, getting as much experience as possible, and being open to positions outside of clinical dietetics. At the end of the panel, students had the opportunity to ask specific questions and network with speakers.

PDA Career Panel continued.

The goal of this panel was to empower students and encourage them to think outside the box and explore their passions. Overall, the event was a huge success with over fifty students in attendance! Thank you West Chester University SDA for helping to plan and advertise the event, the registered dietitians for volunteering, and PDA board members for coming out to support. We look forward to seeing you at the next career paths panel!

The panelists included:

Phyllis Loduca, RD, LDN – Retail Dietitian at The ShopRite of Aramingo Ave.

Felicia Porrazza, MDA, RDN, LDN – Private Practice & Community Nutrition

Colleen Tewksbury, MPH, RD, LDN – Bariatric Program Manager – University of Pennsylvania Health System

Ha Nguyen, RD, LDN – Private Practice & Corporate Wellness



St. James Outreach House Volunteer Event 12/3/16

Thank you note from St. James Outreach House

Jennifer and her wonderful group of dietitians~

Thank you all for spending a Saturday morning with the clients of the St. James Outreach House. I have heard many wonderful comments about the event. Some of our clients walked away with some much needed information and they are so grateful for your time spent with them. And the food was delicious to boot!

Blessings,


Carole & the OH

Join PDA at our Quarterly Networking Event

Wednesday, May 31st
5 pm to 7 pm



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