First of all I just wanted to say that I am both humbled and honored to serve as your NJDA president for 2011-12. As your president I wanted to let you know a little about myself and my background. I have been a Registered Dietitian for over 30 years following my graduation from the New York Hospital/Cornell Medical Center, now the New York Presbyterian Hospital. At the present time I work clinically in the long term care/rehab setting. I am a member of the practice group Dietitians in Health Care Communities of New Jersey (DHCC-NJ) – by the way, a great group of dedicated practitioners! I also serve as editor for a nutrition newsletter written for a school food-service company (owned by a RD) as well as teach in higher education for two schools here in New Jersey. Through the years I have been a clinical dietitian as well as a nutrition manager in acute care, have had my own private practice specializing in eating disorders, been a renal dietitian, and have consulted for home care, adult medical day care and assisted living facilities. In other words, I have nearly done it all! I truly must say that I have been blessed all these years to be paid for what I love to do. Personally, I have been married to my wonderful husband Tom (by the way, he thinks he also is a nutritionist and will offer advice - Oh that’s right here in New Jersey it is legally permissible to do so!) for thirty years who has supported me throughout my career. We have 3 grown children, all engineers and no, my husband is NOT an engineer, the kids all received their math and science brains from their mom -the RD! In my spare time I enjoy spending time with my family and friends as well as practicing yoga and zumba.

I have served as region 1 chair and southern district president and have been on the NJDA Executive board for many years and so I feel I bring experience to this position yet am learning each day. I have several mentors in NJDA to whom I regularly seek their input and advice. One of my goals this year is to increase membership benefits by increasing region/networking meetings throughout the year and making these less costly to our members. I will make every effort to have a presence at most, if not all, of these meetings. Touching base with our membership throughout the state is important to me. I will also make an increased effort at involving students in our organization, making it as cost-effective as possible to attend our meetings as well as encouraging their input. Students are our future NJDA!

We have a wonderful board this year with both younger and more “seasoned” dedicated dietitians working together for each one of you. We just completed our board turnover meeting on June 23 and I must say we have great goals in store for NJDA this next year. One of these is to move our organization forward technologically and we now have formed a social media committee. We now not only have our NJDA website but also have moved into Facebook and Twitter with plans on LinkedIn in the future as well. As a “seasoned” dietitian I admit this area is new to me but I welcome this opportunity to broaden my horizon. I do believe that only if we join this community can we stay current with our clients and public and let them know who the nutrition experts truly are!

And lastly, serving two years as your licensure chair I have a passion towards public policy and our efforts towards legal recognition in New Jersey. The longer we do not have this, the more individuals will want and can have a piece of our nutrition pie in our state. We may indeed not be at the table in the future when nutrition decisions are made. From my professional experience I am witness to the fact that this is not a private practice issue but will impact us all whether we work clinically, in education, within the community, etc. With approximately 2000 members in our state we DO have a voice in Trenton and have made our voice heard by key legislators. This next year we will set out to educate our members better on learning who their legislators are, communicating with these elected officials and informing them who the true experts in nutrition are!

I look forward to this next year working for each one of you. Please know that I am here for you and welcome any/all questions and comments from our members. Feel free to contact me at Rosemaryodea@comcast.net

Sincerely, Rosemary
There are nearly 2 Billion people online, so why are you holding out? NJDA recently joined the Facebook revolution by creating our very own Fan Page and we automatically became more social media savvy by doing so. Now we want you to join us as part of our online community. We have over 1,800 NJDA members yet, only 170 members who “like” us on Facebook, to date. By “liking” our page, you have access to see our activity, wall posts, etc… In speaking with fellow members, many people either don’t see the need to join, or they fear having a stranger view their profile and don’t know how to control their privacy settings. Let’s address and overcome both of these issues right here and now.

**Top Ten Reasons to Join Facebook**

1. Engage and Build Relationships  
2. Create a Conversation  
3. Get involved in your community  
4. Share Your Knowledge  
5. Give Your Opinion  
6. Network for Job Opportunities  
7. Help Build our Profession as RD’s  
8. Connect with RD’s within your Region  
9. Reconnect with old friends from school or work  
10. Lastly, by joining Facebook today, you can become more comfortable using social media since this is only the beginning of this social media revolution. Get going today!

**Creating Your Personal Facebook Page**

First things first, signing up for a Facebook page is free and easy. All you need to do is log on to www.facebook.com. Enter your name, email, password (create a new password for Facebook), gender, and birthday. You have the option not to list the year. That’s it! The online tutorials are great for learning how to navigate your personal page. Simply click on, “Account” in the upper right corner of your page, and then “Help Center”.

**Controlling your Facebook Privacy Settings**

1. Click on “Account” in the upper right hand corner, then on “Privacy Settings.”  
2. This is where you can choose to be as private or as public as your heart desires.  
3. At the top of the page, where it says “Connecting on Facebook”, click on “View Settings.”  
4. There is some basic information that is visible to everyone regardless of what settings you choose, such as Name, Profile Picture (however, you do not need to include one), Gender, and any Networks you belong to.  
5. You will see that on this page you can click on the drop down box and choose from different privacy settings in terms of “who sees what”. Your options include “Everyone, Friends of Friends, Friends of Friends and Networks, or Friends Only.” So if you choose the “Friends Only” option for all the settings, then only the people you accept as friends will be able to see your profile.  
6. Now click on “Back to Privacy” at the top left of the page, and edit the section that says “Sharing on Facebook.”  
7. Customize these settings to “Friends Only”, so that if you post pictures or update your status, only your friends will be able to view this information. The options in this section include things such as photos, wall posts, videos, birthday, contact information, etc…  
8. Now, if you feel the need to block someone from contacting you, for whatever reason, that option is available as well. You can choose to block any of the people on your friend list if you deem this necessary. (However, be aware of Social Media etiquette, you can easily offend someone by doing this.)

continued on page 8
Emily Pomykala’s core belief that life is a place of service; and her education in dietetics and membership within the ADA are preparing her for a career of service. She is enrolled in the BS/MS Combined Degree Program at the College of Saint Elizabeth. She began her studies in Biology and Chemistry at the County College of Morris before transferring to CSE. Emily is a Dean’s List student and has earned a cumulative GPA of 4.0 through all of her studies, and is currently composing her graduate thesis examining the attitudes and perceptions RDs and sources nutrition information in college students. She is the recipient of several academic scholarships, and received the award for superior service and patient safety from Hackettstown Regional Medical Center for her work as a Registered Pharmacy Technician.

Emily is currently serving on a national advisory committee that represents the student membership category for ADA. This has enabled her to work at ADA headquarters in Chicago where collaboration between fellow dietetic students and ADA leaders coordinated Student Member efforts nationwide. She initiated the volunteer efforts of student members in the ADA and ADAF campaign, Kids Eatright. It is through these efforts that Emily demonstrated her commitment to serving ADA student member leadership and pursued an elected position. This year, Emily was elected as Chair of the Student Advisory Committee. In this capacity, she possesses the distinct honor to act as the primary liaison of 20,000 Student Members of ADA to the BOD and HOD. This year, she has nationally represented ADA at various interprofessional councils and ADA Leadership Institute. Currently, Emily is working to develop and will facilitate the Student Track for the 2011 Food and Nutrition Conference and Expo in San Diego, CA.

On the state level, Emily has had the privilege to work as part of the NJDA Social Media Committee in the development of the NJDA Facebook Page. As an administrator for the page, she contributes to posts and presents informative topics regarding NJDA events and local issues. Additionally, Emily serves as the College of Saint Elizabeth student representative to the NJDA Board. Most recently, Emily was honored at the 2011 NJDA Annual Meeting named Outstanding Student in Dietetics, DPD Program.

In addition to her efforts in dietetics, Emily has volunteered 75 hours at a local hospital, implemented a Sarcoidosis Support group, and continually advocates for animal adoption and rescue with various animal shelters in NJ. This summer she has teamed with the American Council on Exercise to provide fitness instruction and nutrition education to military families as part of ACE’s Joining Forces Campaign.

Emily will graduate from CSE this December with a BS in Foods and Nutrition and will complete her MS in Nutrition in December of 2012. She hopes to obtain a dietetic internship in New Jersey so that she may continue her work on the NJDA Board and join the efforts to achieve licensure for RDs in her home state. To contact Emily Pomykala, email her directly at: epomykala@cse.edu. You can also find her on Facebook or follow Emily on Twitter: @EmilyPomykala.
Outcomes of the Spring 2011 HOD Meeting
HOD Fact Sheet

HOUSE OF DELEGATES

The Spring 2011 Virtual HOD meeting took place April 31 – May 1, 2011. Delegates and an additional 30 interested members which included the ADA Board of Directors convened in a Web based environment to discuss two mega issue topics: mega issues identification and market place relevance. The Backgrounders on both topics are available on the ADA Website (www.eatright.org/hod). Prior to the meeting, delegates conducted discussions with members regarding these issues. Delegates also continued a nine month discussion on the proposal regarding the addition of an association membership category. This fact sheets provides a summary of the outcomes of activites.

Mega Issue Identification

Delegates began the process of identifying mega issues by discussing with members in advance of the meeting the for the profession in the future. Meeting participants watched the video Did you know? (http://www.youtube.com/watch?v=6ILQrUrEWe8 &feature=related) which demonstrated the fast paced changes in our society. Delegates identified 17 issues that were of strategic importance to the profession. During the month of May, delegates prioritized so that the issues of most importance could be identified. Top issues identified included: education/training of future practitioners; alternate pathways to practice; lack of internships; strengthen image; branding of profession; reimbursement issues; legislation/regulation related to practice opportunities; and inclusion of rd in health reform. The full list will be available on the HOD website (www.eatright.org/hod>Mega Issues List). The House Leadership Team will use this list to determine topics future HOD Meetings. This list can also be used to identify continuing education topics for affiliates and Dietetic Practice Group meetings or programs of work.

Mega Issues List Prioritized

May 2011

1. Education/Training of Future Practitioners; Alternate Pathways to Practice; Lack of Internships.
2. Strengthen Image; Branding of Profession.
3. Inclusion of RD in Health Reform.
4. Documenting Outcomes (cost-savings); Outcome Measures; Evidence-Based Practice.
5. Reimbursement Issues; Legislation/Regulation Related to Practice Opportunities.
6. Corporate Sponsorship.
7. Food Systems
8. Licensure; Scope of Practice Issues; Public Policy Education/Training for Students and Members.
9. Inclusion of the DTR.
10. Collaboration (internal and external).
11. Informatics/Social Media/Technology.
13. Expanding Borders/Non-Traditional Roles; Food Industry; Hybrid Positions (community/clinical).
15. Foster Leadership to be Competitive.
Outcomes of the Spring 2011 HOD Meeting
HOD Fact Sheet

HOUSE OF DELEGATES

Market Place Relevance

The pre-meeting presentation, Competitive Analysis of the Dietetic Services Market, is also available for members. This recorded webinar reviewed competition/professional encroachment concerns, marketplace trends, and ascertained the future competitive landscape. This presentation was required viewing for all meeting participants in order to prepare for the Market Place Relevance Dialogue.

During the Market Place Relevance Dialogue Session delegate recommendations were created on how Registered Dietitians and Dietetic Technicians, Registered could create more opportunities and be more nimble and proactive. Individual options and alternatives for personally evolving for the future were identified. Some of the opportunities identified include: use skill set to step into other venues; be involved in local/state legislature, market ourselves of evidence based professions; and collect outcomes data. A consolidation of initiatives to create more opportunities is available.

Associate Membership Category

The House of Delegates approved the establishment of the Associate Category as outlined in the revised HOD Proposal presented on February 22, 2011. The Member Value Committee (MVC) has been notified of the outcomes of this vote. The MVC will report an implementation plan to the House of Delegates by fall 2011. This initiative, which has been a long time coming presents a tremendous opportunity to allow like minded collaborators to join ADA. In this age of accessing information electronically the ADA will be in a positive position to be THE provider of reliable quality information by becoming the membership organization that provides these resources.

Other Pre-Meeting Activities and Resources

Delegates received updates from the ADA President, Judith Rodriquez, ADA Treasurer, Kathy McClusky and the ADA Foundation Chair, Judith Dodd. Members can listen to recordings of all updates and view their slides by visiting www.eatright.org/hod > Spring 2011 MEETING > Meeting Materials. All HOD committees have also submitted their Spring 2011 reports. These are also available on the Spring 2011 HOD Meeting site.

To learn more about the House visit www.eatright.org/hod or contact your delegate. Delegate contact information, if not provided below, can be obtained from www.eatright.org/leadershipdirectory.

Thank you for your interest in House of Delegate’s activities.
The House of Delegates governs the profession.

Delegate Contact Information:
Mary-Pat Maciolek, MBA, RD
NJDAdelgante@yahoo.com
732-906-2538

NJDA Scholarship Update

KATHLEEN CAROZZA

The NJDA Scholarship Fundraising Committee had a successful year due to the continued support of Wakefern Food Corp./Shop Rite, annual meeting raffle and a jewelry show. The funds contributed by Wakefern supported the three scholarships given to the Outstanding Student Awards.

Historically the scholarship funds raised annually are used during that year. The committee is recommending that NJDA research a separate account for scholarships. It is hoped that that fund can be built up to have the money for the scholarships in advance and expand our scholarship awards.

Thank you to everyone who participated in the raffle by donating items and purchasing tickets and congratulations to those who won! Scholarship fundraising committee members are needed! Please contact Kathleen Carozza at kcarozza@cse.edu if interested!
Imagine a world where children and adolescents are physically active every day, eat a balanced, nutrient-rich diet, and learn lifelong healthy habits. Unfortunately, that is not the world in which today’s children live. Far too many grow up in environments where sedentary lifestyles and an excess of nutrient-poor, calorie-dense foods are the norm. Most children and adolescents are falling short on nutrient intake and rates of overweight and obesity continue to rise.

As health and nutrition professionals, how can you help?

Health and nutrition professionals play an invaluable role in developing the kind of environments that make it easier to make healthy choices. Recommending nutrient-rich foods and beverages – like low-fat and fat-free milk and milk products, fruits, vegetables and whole grains that provide many nutrients for relatively few calories – can help children meet their nutrient requirements while reducing consumption of empty calories.

Even more needs to be done.

Beyond your practice, we need your help to educate your colleagues and increase attention and time in assisting schools in a manner that helps them to foster the development of lifelong habits in sound nutrition and good physical activity in each and every student. Schools offer tremendous opportunities to model and teach healthful eating and physical activity, both in theory and in practice.

Nutrient-rich dairy is critical to child health and wellness and to child nutrition programs. Three daily servings of low-fat or fat-free milk, cheese or yogurt provide a nutritionally unique source of nutrients children need for healthy growth and development. As a good or excellent source of nine essential nutrients, milk also supplies the number one source of calcium, vitamin D, phosphorus and potassium in the diets of children ages 2 to 18 and the number one source of protein in the diets of children ages 2 to 11.

In the fight against childhood obesity, we can do more than just teach families how to count calories – we can teach them how to make those calories count by making nutrient-rich decisions at home, at school and on the go.

These health and nutrition organizations support the nutrient-rich foods approach, which considers the total nutrient package of a food or beverage, as a way for Americans to build and enjoy a healthier diet by getting the most nutrition from their calories.

For more information and tools on how you can impact change within your practice and community, go to www.nationaldairycouncil.org/childnutrition.

NATIONAL DAIRY COUNCIL

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The ultimate success of any profession in obtaining recognition and regulation by the state has always been linked to our advocacy. Advocacy is building support for an idea or cause, with the aim of influencing an important change in current policy.

In New Jersey, we have witnessed the strong advocacy of other professions and their successful outcomes. We have also seen the strong advocacy of our opposition, though numerically they are only a fraction of our size. The difference is grassroots activism, which usually refers to political activity that begins within a community and is started by the general population, as opposed to being started and carried forth by a formal political organization. In other words, we must be the ones that make the effort to influence political decision making by choosing our priorities, creating a plan, actively working to take action and make our voices heard, and achieving our goals through these means.

Three hundred and sixty-nine New Jersey RDs responded to our licensure survey. This survey showed that only 1 in 5 of NJDA members contacted his/her state senator and/or representative. Conversely 65% stated that they were unable to because they were too busy or the message was not clear. Can we say we want/need licensure if only 20% of New Jersey RDs made any effort to support the future of the profession? It isn't because the membership was opposed to the legislation as only 6.5% stated a reason to oppose. Interestingly enough, 63.1% of those surveyed stated that a lack of interest of our legislator/governor was a barrier to our efforts. These numbers, coupled with the 74.3% of our members who stated they would help with licensure if asked, indicate that we have the majority of our members in support, yet we have yet to marshal their interest.

Here it is, straightforward and to the point: RDS in NJ can only have licensure if our members at the grassroots level will work for it. As shown by the survey the majority stated they are willing to help in our efforts. We’re asking you to join our efforts. If you need guidance and support on how to help; we will provide it.

Already in place are grassroots coordinators throughout New Jersey. Below you can find the closest to you. Contact them and become an advocate for nutrition.

What are the best ways to start to become an advocate for the dietetics profession?

- Register to vote, if you have not already done so, and exercise this important right by voting
- Share any findings of pertinent research that you complete with community leaders and legislators
- Write letters or e-mails, or make phone calls to elected officials, and encourage others to do the same
- Attend local political meetings that are open to the public
- Stay current on political news, and enter into discussions with others who also do
- Write a letter to the editor

- Recruit others to work with you to build a coalition working toward common goals, considering other:
  - Professional health associations
  - Patient advocacy groups
  - Social service organizations
  - Neighborhood groups
  - Businesses
  - Consumer advocacy groups
- Don't be afraid to ask questions of electoral candidates:

  - Know your facts!
    - Study the subject that you are supporting
    - Stay informed of new research, statistics, etc
- Always deal with legislators and other people in positions of influence in a professional and honest manner
- Keep informational handouts or brochures with you, because you never know when you’ll meet someone that could help to further your cause

A great scholar once said: “If I am not for myself, then who will be for me? And if I am only for myself, then what am I? And if not now, when?” You can make the difference, and the time is now.

Patricia Davidson DCN, RD, CDE
Legislative/Licensure Chair
nutriciard@yahoo.com

Legislative/Licensure Regional Co-Chairs:

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Amanda Skahan – (amandaskahan@gmail.com)

Region 3
Katie Gorman – (Gormank4@gmail.com)
Erin Kouri – (Dolphly53@aol.com)
Join NJDA on Facebook Today

9. As if this wasn’t enough to help you get started, on the bottom left of the screen you can click on “Controlling How You Share” for a longer version of everything explained above.

10. That’s all there is to it! Be sure to update your privacy settings regularly. Now, search for New Jersey Dietetic Association and “like” us today. I hope this helps you to understand why it’s so important for you and fellow NJDA members to join the social media revolution today. Should you have any questions after you join, go to our NJDA Facebook page and ask us there! We understand that for some of members this is a huge step, however, all you have to do is take the first step by signing up and the rest of our members will support you all the way through.

FNCE – San Diego – Friday, Sept 23 - Tuesday, Sept. 27, 2011

FNCE Events
Register for an individual session at Ask the Career Experts at FNCE
Why not today participate in a career counseling session at FNCE. For only $45, you can meet with a leader in career counseling and/or resume review and talk over your goals, objectives and thoughts on your next steps.
Pre-register for a private 45 minute consultation with an experienced, proven career consultant. Professional career consulting can often cost hundreds of dollars ... use our special FNCE offer and save big. Plus, you can meet with career experts who also have extensive experience in the food and nutrition field.

REGISTER NOW
Non-Traditional Careers in Dietetics at ADA Lounge at FNCE for New Professionals
Looking for a little advice about non-traditional careers? Stop by the ADA Lounge for New Professionals in Room 9. Meet with registered dietitians who have international, consulting and speaking experience while you enjoy Starbucks® coffee. Stop by Sunday from noon to 4 p.m. or Monday from 9:30 a.m. to 3 p.m.

ADA Foundation Events at FNCE
Register for ADA Foundation FNCE events by using the online FNCE registration form.
Questions, contact Linda Hudson at lhu@eatright.org.

ADA Foundation Nutrition Symposiums
Earn additional CPE hours for a $10 donation

The Emerging Role of Lutein Across the Life Span
Saturday, September 24, 2011 • San Diego Convention Center • 1:30 p.m. to 3:30 p.m.
This program will enhance your knowledge and awareness of the importance of lutein during critical times of the life cycle including infancy and older adulthood. Registration is a $10 donation at ADAF.
Sponsored by Abbott Nutrition Health Institute

Nutrition Symposium Sponsored by Nestle
The Family Meal: Reclaiming the Dinner Table
Sunday, September 25, 2011 • San Diego Convention Center • 5:30 p.m. to 7:30 p.m.
This program will provide a better understanding of the many and diverse benefits of the family dinner and those factors that may threaten family nutrition and health. Registration is a $10 donation at ADAF.
Sponsored by The Nestle Nutrition Institute – Earn additional 2.0 CPE hours for a $10 donation

ADA Foundation Kids Eat Right Gala – The Premier Social Event of the Conference!
Monday, September 26, 2011 • Reception: 6:30 p.m. to 7:30 p.m. • Dinner: 7:30 p.m. to 9 p.m.
Sponsored by The Beef Checkoff through the National Cattlemen’s Beef Association, ADA Partner ARAMARK and FNCE Event Sponsors ConAgra Foods®