The President’s Message

TRICIA DAVIDSON, DCN, RD, CDE

2010 is going to be an interesting and challenging year for our profession as well as for our organization. Health Care Reform is actively being outlined in Washington, D.C., and the American Dietetic Association (ADA) is working to ensure that the value of registered dietitian’s (RDs) professional services are incorporated into final Health Care Reform legislation. Please join me and all registered dietitians around the country by engaging in this important discussion. You will be contacted to write or email our New Jersey Senators and Congressmen regarding Health Care Reform. The inclusion of RD services in any new healthcare legislation can be achieved only by our being actively engaged in the discussion.

This will be an exciting time for our organization and I hope to work with each of you as we move towards improving the nutrition and health of the citizens of New Jersey while also working on shaping our national health care policy. ADA’s Public Policy Workshop (PPW) will begin Monday, March 22, with PPW kickoff parties. We are now planning our plenary parties and will be announcing the details in the near future. These will be a wonderful opportunity to network and to share effective strategies for mobilizing the grassroots and for effective visits with members of Congress. This is an excellent time to get involved. We need volunteers so we can reach our goal to conduct a PPW party in each region. The PPW Kickoff parties include networking, refreshments, live Webinar presentations, and strategic training for congressional district meetings.

Our fall Board meeting took place on November 18th and we continue moving forward with all of the current initiatives, including licensure, as well as developing our strategic plan. Numbers continue to speak more clearly than any other form of data and we must take this step to truly measure the effectiveness of all we do. Another key initiative for 2010 is to expand our membership. It is often asked: what are the benefits of membership to American/New Jersey Dietetic Association? Many members were NOT aware of the great benefits. Do you know about these ADA Benefits?

- RD Day
- Issues Management Process Management Committee
- ADA Daily News
- On the Pulse
- Knowledge Center Information Services – provides technical responses to dietetic related questions
- ADA Times Online
- Behind the Scene at ADA
- Medicare MNT Provider - monthly newsletter
- Evidence Analysis Library
- Email newsletters:
  • ADA Daily News- top food nutrition news
  • On the pulse- weekly newsletter ADA’s legislative and regulatory priorities
  • Behind the Scene at ADA - Newsletter for new members

My message would not be complete if I did not mention where we stand with licensure. The remaining time for many legislators is categorized as “lame duck”. The new legislature, to be sworn in on January 12, 2010, will have an entirely new speaker, leadership team, and even new chairpersons. Now is the time to perform a full-court press. We need to continue to keep letters rolling in to members of the committee. Our support is there from our sponsors but we need to keep the issue alive and to push for it to be heard in committee.

As we move into the holiday season and make our New Year’s resolutions, I hope you will add professional and organizational growth to your goals for 2010 and join us in expanding our visibility and advancing our profession. This can and should be an exciting time for our organization and I hope to work with you as we move towards improving the nutrition and health of the citizens of New Jersey while also working on shaping our national and state health care policy.

Wishing each of you a healthy, happy, and rewarding 2010.
Delegate’s Corner
MARY-PAT MACIOLEK, MBA, RD - DELEGATE

The House of Delegates was very busy on the days preceding FNCE 2009! The House met on October 16th and 17th to discuss Evidence-Based Practice and Health Reform.

The purpose of the evidence-based dialogue session was to better understand evidence-based practice and the ADA Evidence Analysis Library (EAL), identify key steps to broaden access to evidence-based practice resources, and identify key steps to broaden the use of evidence-based practice across all areas of practice. Based on the dialogue, a series of guiding principles were identified related to strategies for overcoming the barriers related to access and utilization of evidence-based practice resources:

- Providing educational opportunities for practitioners regarding access and utilization is critical (i.e., CPE articles, certificate programs, workshops, training programs, webinars/teleseminars) to increase members’ personal responsibility

- Offering incentives to practitioners, employers and institutions for accessing and utilizing resources (i.e., ease in finding information on EAL, quick link, inclusion in career ladders)

- Marketing resources to practitioners, employers and institutions for accessing and utilizing evidence-based practice resources (i.e. use of success stories, fact sheets, case studies)

The purpose of the health reform dialogue session was to better understand what is going on at the state level related to health reform, better understand ADA’s legislative efforts, link state level activities with national activities, and develop strategies that can be utilized in each state affiliate dietetic association.

As a result of the dialogue session, a series of guiding principles were identified:

- Enhancing communications from ADA and affiliates to mobilize members

- Developing and promoting consistent messages on ADA’s stance on health reform

- Utilizing social marketing techniques to enhance member participation in health reform activities

- Offering education and tools to improve member confidence to participate in advocacy activities

- Evaluating member participation in advocacy activities to determine effectiveness.

There were two final HOD motions that resulted from discussions at the Fall HOD Meeting. Thank you to those members that provided comments that were shared with the HOD during the dialogue sessions. A deliberation period followed with electronic voting scheduled for November 13th through November 18th 2009. By the time this Newsletter reaches your mailbox, the results of the voting should be posted on the ADA website!

Stay in touch – let YOUR voice be heard!
NJDAdelegate@yahoo.com
Ten Things I Learned In My Dietetic Internship

Amy Sanchez, Region 1 Co-Chair, Former Intern at South Jersey Healthcare

I recently graduated from my dietetic internship in June of 2009. As I look back at the experiences that I had through the internship, it made me start to think about things that I have learned throughout the year. I learned a great deal on an educational level, of course, but I also learned about the little things that helped me get through the internship.

So for new interns entering into their respective internships, I thought it might be helpful for a “top ten list” of things that I learned throughout my internship. From everything about organization to trying to stay calm right before a big case study presentation, it’s all included. I hope that some of these things will be helpful for you as you enter the wonderful world of nutrition.

1. Have Multiple Calendars
   During the first day of my internship, my director gave me and my fellow interns calendars with the events and due dates for the coming 10 months. She emphasized to have the information written in several places, which turned out to be very helpful. I had the calendars that she gave me in my binder for that specific rotation and then I had written the events and due dates in my own personal planner. I also kept information about what rotation and who I was with on a main calendar at home. This way I was able to see who I was with the next couple of days at a glance before I left the house.

2. Have Separate Binders for Rotations
   If your internship is like mine, you get a HUGE binder of information at your first day. You have everything from what format they want for case studies to policies and procedures for that specific internship. I found it very helpful to have separate binders for each of my rotations. I had one for foodservice and one for clinical. I kept the calendars I needed for each rotation in their specific binder along with the competencies I would need to fill in that rotation.

3. Review Competencies Every Week
   If you do this every week, you won't have to go back and think what you did the whole month or whole rotation.

4. Have a Folder for Each Project
   Whatever kind of project you are doing, keep everything in a folder that is labeled. Everything will stay together and you have easy access to a project if you need to go back to it after it is done.

5. Start Looking for Journal Articles at the Beginning of the Internship
   During my internship, I had to complete two journal reviews. It was helpful to start looking during the week of orientation right after I found out what the criteria was. This helped because I wasn't scrambling for an article last minute when I had 10 other assignments to do. In the beginning you'll have less to do.

6. Be Willing to Try Anything
   I was asked to participate in a TV segment during my internship. It was optional and nothing that was required. I had so much fun and now I can say I was on TV. If any once in a life time opportunities come your way, take them!

7. Be at Least 15 Minutes Early to Rotation Sites
   If you leave your house to be there 15 minutes earlier than when you are scheduled; it leaves time for the unforeseen obstacles that may come your way on route to the rotation. If you do get there 15 minutes early, you have time to get yourself organized and you won't feel rushed.

8. Get Excited for Presentations
   This is something I learned in college, but it helped during the internship. Replace the nervous feeling you get when you present with excitement. It helps the nerves go away. You are in this field because your passionate about it….SHOW IT!

9. Have a Stress Reliever
   If you stay on top of your work and have things done early or even on time, it’s ok to take a break. You won't do your best work if you're stressed. Also, find other things to do that release your stress, such as crafts or exercising.

10. Being Willing to Learn
    Remember you don't have to know everything and you won't always know everything about this field. It is always changing and there is so much to know. Just be willing to learn and ask questions when you don't know something. This is your time to gain as much knowledge as you can.
Finding a Connection
SARA ELNAKIB, RD, CHAIRPERSON

Sara Elnakib, RD, Chairperson, Muslims in Nutrition and Dietetics Member Interest Group

As our nation becomes more and more diverse, our field of nutrition becomes a microcosm of our changing world. In my years at Rutgers University, all of my classes were filled with a majority of Caucasian women. I came from a very different ethnic group - the daughter of Egyptian Muslim immigrants - who desperately needed to find a connection with other nutrition professionals who shared my passion. I was a reserved member of my class, who shared the love of health and nutrition as my fellow classmates did, however, I saw another great application for my nutrition skills. I saw a great need for nutrition education in my community, the Muslim community of Paterson, and I wanted to find a way to help.

Shortly after I graduated from the University of Medicine and Dentistry of New Jersey, Dietetic Internship Program, Class of 2008, I began my quest to find more Muslim dietitians. I also pondered the idea of starting a Muslim Member Interest Group (MIG) to be affiliated with the ADA. It was an idea I had after meeting a Muslim preceptor during my dietetic internship. Meeting her made me wonder how many Muslim dietitians are in the practice of dietetics. I contacted an old high school friend, who mentored me in nutrition, and I told her about the idea. We began our research and found that the ADA had potential to have such a group. We were uncertain in the beginning about having a faith based MIG, since the existing MIGs were based on ethnicity and gender. However, with the unique dietary needs for Muslims, we felt it was a good opportunity to start a Muslim-themed MIG. So we started gathering members of ADA who were interested in the summer of 2008.

On August 4, 2009, all our hard work finally paid off, and Muslims in Dietetics and Nutrition (MIDAN) became the seventh Member Interest Group of the American Dietetic Association. MIDAN’s goals are: to serve as a resource for the Muslim community; to disseminate factual nutritional information about Islamic dietary restrictions to the public, other dietitians, healthcare professionals, organizations, and other entities desiring better understanding; and to promote careers in dietetics within the Muslim community and provide a mentorship program for students and new dietitians. MIDAN also provides a forum in which Muslim nutrition professionals may network with one another and develop professionally.

MIDAN is open to everyone it serves, especially ADA members from various practice areas with an interest in cross-cultural awareness and reducing health disparities, specifically as they relate to the Muslim population. This may include ADA members who are of the Muslim faith, who work with Muslim clients/patients, or those who are writing or conducting research on Muslims and nutrition. It will also be of interest to those serving populations with cultural similarities to certain Muslim communities, such as Arab Christians and Hindu Indians. For more information about MIDAN, visit our website at http://www.muslimdietitians.org/.

The ADA was very supportive throughout the entire process, helping guide us through the difficult task of starting the MIG. They had sample budgets and plans to help guide us in our first year, and they walked us through every step so that we could be successful. MIDAN was able to start this year with a big bang. We already conducted a Ramadan presentation, educating the community about healthy eating during the Holy month of Ramadan. We also won the MIG/DPG Membership Challenge along with the National Organization of Men in Nutrition (NOMIN). We will have our first ever member meeting in October at FNCE in Denver, CO and

continued on page 6
Call for Nominations for 2010

Pat Groziak, MS, RD

Each year, NJDA honors our outstanding leaders with a variety of awards, including the Recognized Young Dietitian of the Year, Recognized Dietetic Technician of the Year and Emerging Dietetic Leader. The datasheets, guidelines and forms for each of these awards can be accessed at the ADA website: http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/career_awards_ENU_HTML.htm

In addition, the NJDA awards two honors: the Carolyn Sebastianelli Distinguished Member (Outstanding Dietitian of the Year) and the Dietetic Student Initiative (see guidelines below).

Criteria for Carolyn Sebastianelli Distinguished Member Award

Criteria are based on ADA guidelines. All these points should be addressed in the letters of nomination:

MEMBERSHIP

The candidate must have been a member of the ADA for a minimum of 10 years; an active member of NJDA for at least 5 years. Failure to meet these criteria results in disqualification.

COMMITMENT

Candidate demonstrates selfless commitment to serving the nutritional needs of the community and other members of NJDA.

LEADERSHIP

The candidate has demonstrated innovative leadership through service to State and District (Regional) Executive Boards.

DEVELOPING/MENTORING OTHERS

The candidate, through his/her ability to inspire others, has contributed to the development of others in the profession.

STANDARDS

The candidate has demonstrated high standards of practice and ethics in the field of nutrition and diet.

PROFESSIONALISM

The candidate has served as an outstanding role model of professionalism to others.

SERVICE TO OTHERS

The candidate has demonstrated devotion to the spirit of service to others in dietetics and allied fields.

DIETETIC STUDENT INITIATIVE AWARD (DSIA)

For students enrolled in a Supervised Practice Program (Dietetic Internship or DT Program) or Accredited Dietetic Technician Program

CRITERIA

➢ Currently enrolled in a CADE – accredited supervised practice program or dietetic technician program (written verification by program director required)
➢ Permanent address is New Jersey (based on permanent address used on the Supervised Practice Application)
➢ Professional (current) letter of recommendation (i.e.: Program Director or Clinical Preceptor) – should address candidates’ potential for leadership in the dietetics profession
➢ Complete essay (2 pages typed max – double spaced, 12 font) which addresses your professional goals and how professional involvement in any of the various dietetic associations will help you achieve these goals.

Include:

➢ Supervised Practice Application
➢ Letter from Program Director verifying enrollment
➢ Letter of Recommendation
➢ Essay

The deadline for nominations for all of the above-mentioned awards is March 3, 2010.

In addition, each state is allowed to nominate one educator from each dietetics education program type (Didactic Program in Dietetics, Dietetic Internship, Coordinated Program, and Dietetic Technician Program) and to recognize one student from each type of dietetics education program within your state.

The procedures and forms for the Outstanding Dietetics Educator Awards can be accessed at the ADA website: http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/CADE_4987_ENU_HTML.htm

The deadline for nominations for the Outstanding Dietetics Educator Award is December 15, 2009.

The procedures and forms for the Outstanding Dietetics Student Awards can be accessed at the ADA website: http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/CADE_4962_ENU_HTML.htm

The deadline for nominations for the Outstanding Dietetics Student Awards is March 3, 2010.

Please send completed Award packets to:

Patricia Groziak, MS, RD
U.S. Senior Lead Nutrition Manager - Unilever
800 Sylvan Ave. C2-036
Englewood Cliffs, NJ 07632

For questions or concerns, call 201-894-7261 or email, pat.groziak@unilever.com
The 2010 NJDA Annual Meeting committee is pleased to announce our progress for a successful program. The program includes presentations in community, clinical, environmental and business related topics. Speakers include:

- **Gita Patel**, RD/Leap dietitian presenting “Diabetes & Inflammation-Inflammatory Effects of Food and Chemicals.”

- **Marcia Diamond**, MA, RD presenting “Taking Center Stage as a Dietitian in Business and Communications.”

- **Sharon McCarley**, RD & Sue Kent, RD from ADA’s Quality Management Group will present a program, “Order Writing Privileges.”

- **Karen Hamilton**, RD will discuss the syndrome of malabsorption.

- **Susan Krauss**, MS, RD will be discussing the New Food Allergy Patch Testing techniques.

- **The National Cattleman’s Beef Association** and **Dairy Council** are providing programs on food sustainability and family nutrition issues.

Identification and management of new GI disorders by a physician/allergist is a current addition to our program. If you have a program you would like to suggest please let us know.

There is still much work to be done and we need help to make YOUR MEETING a success. We are always seeking additional sponsors and exhibitors. If you have any contacts with local vendors or representatives please let us know. We have an exhibitor’s packet we can send them. We hope to provide our exhibitors with a great opportunity to network with our many members. We will be continuing the popular “Dress for Success” program. Students from our many programs will be presenting poster sessions on current nutrition topics.

We welcome any assistance our members can provide before and during the conference. We need volunteers to help on speakers committee. If you would like to introduce a speaker or assist a speaker the day of the program, please contact us. We need a volunteer chairperson to coordinate all of our members and students who assist the day of the meeting.

If you cannot attend the program but would like to donate an item for our fundraising table it would be greatly appreciated. There are many ways to help and network with other members.

Thank you,

- Kathy McMillan - KAMRDCDE@AOL.com
- Brenda Murdock - Brenda.murdock@hotmail.com

Annual Meeting Co-Chairs

Finding a Connection

also participated in the DPG/MIG showcase.

I am happy to report that I finally found my connection to the ADA. I feel more at home and I am able to refine my passion for community nutrition. If you want to find your connection with the ADA please visit the ADA website at eatright.org and find a Member Interest Group or a Dietetic Practice Group that fits your interest. There are so many great groups that can help you find your own connection to the ADA. Any NJDA members, who would like to learn more about MIDAN or about the process of starting a MIG, please feel free to contact me at info@muslimdietitains.org.
FNCE Highlights

ADA’s Food and Nutrition Conference and Expo was held October 17-20th in Denver, Colorado. Here is so important information about FNCE 2009.

• Speaker Handouts...are available on ADA’s Web site.
• Audio CDs of sessions are also available for ordering.
• A Special Thank You ... to the more than 325 food and nutrition organizations that exhibited at FNCE. And thank you to ADA Partners, Premier Sponsors and ADA and ADA Foundation FNCE Event Sponsors for their generous support!
• More Than 80 Journalists ... covered FNCE, including Family Circle, Prevention, WebMD, Health, Cooking Light, Women’s Health, Men’s Fitness and The Denver Post. Broadcast coverage included Sirius Radio, WDIS-AM (Boston), WYYZ-AM (Atlanta), KCMN-AM (Colorado Springs, Colo.), KWTX-TV (Waco, Texas) and KIMT TV (Rochester, N.Y.). FNCE also received coverage in Reuters, Yahoo!, Forbes.com, Supermarket News, Food Management, Progressive Grocer, Nutraceuticals World and EurekaAlert.

NJ Dietitians’ in Health Care Facilities (NJDHCF), a chapter of the Dietetics in Health Care Communities (DHCC) DPG, gathered at a reception at the ADA’s Food and Nutrition Conference and Expo (FNCE) in Denver on October 19th.

Kathleen Mahmoud, Chair; Mary Piciocco, Chair-Elect; Paula Hopkins; Awards/Recognition; Elsie Nucum-Allen, Marketing; and Julieta A. Songco, Liaison

All-New Eatright.org

Among the latest and best developments at ADA is the Association’s all-new, www.eatright.org, which went live for members December 7 and will be publicly accessible January 1. In every way, the newly redesigned site.org provides users with a better online experience, with a host of timely food and nutrition pages written specifically for a public audience, as well as accessible and interactive content that appeals to the media, students, health professionals and – of course – ADAs members. Visit frequently, because the new eatright.org provides relevant and state-of-the-art resources positioning you for career success.
Save the Date to Advocate!

The American Dietetic Association’s Public Policy Workshop (PPW) will begin March 22, 2010. This workshop will be held online. Join the New Jersey Dietetic Association as we learn to advocate for issues that affect our practice. Come learn more about:

➢ Grassroots training on techniques for effective advocacy
➢ Strategies for meeting elected officials and,
➢ Legislative priority issues.

Remember, the future of our profession relies on us to advocate for our causes. We must create a strong presence in Washington and educate the public about the importance of sound food and nutrition policy. Look out for more information about PPW 2010 via email.

Wishing each of you a healthy, happy, and rewarding 2010.