Summer is coming to a close and we are ready to move into the New Year for NJDA. As we look forward to what this year will bring to us, we are hopeful that it will finally bring licensure. Just as our board is changing so has the legislature and we need to capture the opportunity.

We are also fortunate to have our ADA national meeting, FNCE, right here in Philadelphia. This gives us all an opportunity to attend and hear many great speakers and about cutting edge research and practice. You may hear about ADA’s initiative to go paperless this year.

The opening session on Saturday Sept 29th features Jackie Freiberg, EdD, speaking on “Embrace Change Courageously, Stop Letting Fear Steal Your Dreams.” The member showcase will feature art as a vehicle. Everything is leading us toward stepping out of our traditional roles and into ones that allow us to be whatever we want to be. We are pleased to announce that we will be hosting a reception for all NJDA members on Sunday Evening from 5:30 to 7:30 PM at the Loews Hotel. You can meet your peers as well as network with friends, members and the Board so that we may voice your ideas in the new year.

Our field is in a state of change and growth and we are fortunate to be part of it. Two things have become clear; first our role is changing all the time and our scope of practice is expanding and growing. We have opportunities to write orders, do physical assessments, and work in marketing, politics, education. Our scope of practice is expanding and we have the opportunity for specialization and certification as experts in numerous different fields of nutrition. We have even taken control of developing our own learning plans to continue to educate ourselves in the areas we want to pursue now. As we grow, the need for education grows and changes.

We need to remember that our voice is stronger and more effective as a group. There are approximately 2300 of us - a large constituency has a powerful voice but only if we use it together.

The heart of our organization remains our willingness to volunteer to work towards all of our goals. We continue to work toward developing a strategic plan for our association. Where do you want to see your state association take you? What do you want us to do for you and for our profession? Last spring our past president, Pat Mattingly, asked for 4 key pieces of information;

- Members presently sitting on a state or local task force or ad hoc committee concerned with a nutrition issue
- Obesity task force in New Jersey
- Members presently holding board positions or actively involved in a nutrition related organization
- Members actively involved with state or local politics or those who have connections who are
- Members who are working in media or have connections to the media industry.
  - Felicia Stoler – TV

This is just the beginning – please let us know what you are doing so we can more effectively access everyone’s expertise.

Our Board still needs some key people to help us develop our strategic plan. I welcome involvement from those interested in moving this organization forward, in meeting the needs of our members and in further publicizing our achievements. If you have an interest in education planning, legislative networking and coordinating our licensure efforts, or working on special initiatives please get in touch with me through Marina Atkinson at our association headquarters: matkinson@hq4u.com.

Look forward to seeing you at FNCE 2007.
With our profession moving at such an unpredictable, yet promising pace, NJDA’s 75th Annual Meeting captured some of the new, upcoming trends and effectively delivered to hundreds of our members in attendance. To those of you who could not attend, here is a report back of some of the presentations given at this year’s meeting.

In recent years soy has been a hot topic found on the 5 o’clock news, in the newspaper and the glossies. In the presentation given by Dr. Mark Messina, he revealed that recent studies suggest that soyfoods have shown a direct role in reducing risk of several chronic diseases, including CAD, osteoporosis, and certain forms of cancer. In addition, it was found that nearly 1/3 of all adult US women are not meeting the RDA for protein. Encouraging a high-quality, lean source of protein, such as soy is an important message when counseling women in your practice. Dr. Messina suggested that girls should begin consuming adequate intakes of soyfoods at a young age (5-11 years old) in order to reduce risk of breast cancer significantly. Another key message was that a relationship existed between high soy intake in postmenopausal women and a 1/3 reduction in the risk of fractures.

The controversial topic of adequate Vitamin D intake was presented by Dr. Bruce Warren Hollis in which the current adult recommendation of Vitamin D (200-600 IU/day) was questioned and deemed inadequate. More than three decades ago, the recommendations for “normal” status of Vitamin D were defined and never changed. Recent studies reveal that current dietary recommendations for adults are not sufficient, especially during pregnancy and lactation. With further research still needed, it turns out that the “true” Vitamin D recommendation should be much higher than previously thought.

By 2050, two billion people worldwide will be over the age of 65 and will need assistance in healthcare facilities. Dr. Paul Cass presented the facts, frustrations, and future with the aging population and healthcare. Geriatrics is an exciting, dynamic profession that will continue to grow over future years with the aging population and our skills and practice will need to be utilized extensively.

To wrap things up, one of my favorite presentations of the day was given by Patricia Davidson, MS, RD, CDE, in which she emphasized the non-traditional role of the RD. In the room, I felt that sense of motivation and inspiration that Patricia delivered to everyone. Messages like “go out there, shake things up, and make a difference” really stuck with me. As RDs, we must identify the new trends, stay current with the research, respond to the clients needs, and act upon them in creative, entrepreneurial ways.

Our profession has evolved greatly over the years and continues to undergo renovations, innovations, and entrepreneurial twists along the way. Keep these advancements moving along swiftly by making a difference locally, nationally, and dare I say it...worldwide! A great place to start is gaining Licensure in New Jersey for Registered Dietitians. With numbers, we’ll have more power. Get on board with the rest of us and let’s pass this bill together!
On August 16, 2007 Denise Langevin, Licensure Chair/President-elect along with Karen Enslle, Legislative Team Leader and Rob Nixon, lobbyist from the Princeton Public Affairs Group visited Keri E. Logosso, Esq., Policy Advisor to Governor Corzine. This very productive meeting led to a discussion of obesity in New Jersey and the importance of getting youth and adults to make improved food choices for better health. Ms. Logosso was very interested in learning about our profession and how it should be regulated. Our meeting lasted for over a half hour and she was very supportive of having nutritionists/dietitians licensed like other health professionals under our own board. We developed a packet of information for the visit which included: a brochure on NJDA, a brochure on the benefits of licensure of nutrition professionals in New Jersey, statistics on how medical nutrition therapy saves health care dollars and the role of the dietitian as part of the health care team. A BIG thank you to Tricia Davidson for creating a brochure on the role of the dietitian and another fact sheet on why we should be licensed. Thanks also to Sandra Grenci, and Diane Barravecchio for sharing their wonderful logo which we used on the packet covers, the brochures and handouts as our new logo.

The NJ State Department of Health is ready to hold another Obesity Task Force Meeting (Denise Langevin is our representative from NJDA). Their goal will be to create partnerships for better communication, integration and outreach of nutrition education and services that will go from great ideas to practical application in the health care setting and the community. They are meeting to look at existing programs and interested in new programs that will help the Medicaid population to to improve their health and wellness through better nutrition. We asked to have NJDA members be part of any task force that is nutrition related. Currently, Karen Enslle and Nurgul Fitzgerald are members of the NJ State Department of Health & Senior Services Diabetes Task Force. If you are on other committees or task forces, please let us know (ensle@aesop.rutgers.edu).

Where is our licensure bill at this point? Our bill is now being re-worked and we have asked for member comments. We are integrating those comments into the bill and then we will send the bill to ADA for their comments. As the fall approaches Rob Nixon and PPAG will be getting us new sponsors in the Senate and the Assembly. We will continue to educate NJ legislators on who we are and what we do. We need your help as we gear up for the bill to be released after January 1, 2008. What can you do to help move our efforts forward?

- Access the NJDA website weekly or more often so you keep yourself informed.
- Join the NJDA legislative committee and you will receive immediate messages on our licensure efforts; (ensle@aesop.rutgers.edu)
- Volunteer to be a “Policy/Licensure Chair” at the regional level. We need at least one person per region. If interested, let me know (ensle@aesop.rutgers.edu)
- Be willing to talk to legislators and local officials about the importance of nutritionists/dietitians be licensed healthcare professionals.
- Be part of our “Legislative Day” in Trenton during March 2008. This important event will reinforce our message to 120 legislators.
- Be positive------the time is right------we WILL achieve our goal this time!
Walk the Path, NJDA 7th Annual Food and Fitness Walk

BY: DANA MARTUCCI, DTR

As paths go, often winding and unexplored, we have a chance to embark on a new and worthwhile venture by following the trails we make. I had an opportunity to walk alongside Poonam Batra, Colette Murphy-Cole, Michelle Ali, and Meri-Rae Palesade in planning and presenting the NJDA 7th Annual Food and Fitness Walk on March 25, 2007 at Woodbridge Center. I saw how the road got bumpy at times, but these women were poised throughout and endured with every twist and turn. A goal was in sight and they never lost that vision of a successful and well represented NJDA Walk. Having taken some steps with them, I saw the amount of work it takes to walk the path leading up to the Walk. What I was not prepared to see was that many members of NJDA did not join us in that endeavor and did not meet us at our final destination of Woodbridge Center on March 25, 2007.

Many did put the right foot forward and stepped up to the occasion including students, interns, and volunteers. By following that path, they saw how much fun being part of the Walk is and how meaningful it can be to make a footprint in helping the cause of their own association. The event exudes a powerful energy when you stand still and take in all of the excitement. But, you have to first walk in order to stand still.

As Buddha said, “No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.” In order to save our organization, we, as its members, must take the steps it requires to nurture it.

Sometimes the right path isn’t the easiest.

I hope next year at the 8th Annual Food and Fitness Walk we all will take the road less traveled by...it will make the difference.
The Teller’s Committee has determined the results of the 2007-2008 election, as follows:

President-Elect - Denise Langevin
Treasurer-Elect - Audrey Adler
Secretary - Erlisa Levin
Region I Co-Chair - Jillian Golan
Region I Nominating Committee Member - Kathleen Mahmoud
Region II Delegate - Kathleen Malkiewicz
Region II Co-Chair - Sandra Grenci
Region II Nominating Committee Member - Marcus Garand
Region III Co-Chair - Monica Luby
Region III Nominating Committee Member - Kathleen Carozza
Helping Build Healthy Kids - Inside and Out

Today's children face a variety of challenges in their lives. Problems like diabetes, high blood pressure and high cholesterol used to be limited to adults. Now, those health issues are quickly becoming realities for children. Overweight kids suffer emotionally as well, facing increased risks of suicide, depression, bullying and low self-esteem. To address these issues and present solutions for preventing and treating childhood obesity, the Family and Community Health Sciences Department of Rutgers Cooperative Extension, with its many partners, have organized this Children's Health Summit. Speakers will discuss the issues, present the latest research and offer solutions. Local professionals will be on hand to discuss community resources.

Who should attend?
• Teachers • Health care providers
• School nurses • Food service providers
• Dieticians • Parents
• Coaches • Health Educators

In partnership with:
• Morristown Memorial Hospital
• College of Saint Elizabeth
• Kings Supermarket
• The American Cancer Society
• Child & Family Resources
• Horizon Blue Cross Blue Shield of New Jersey
• New Jersey Department of Health & Senior Services
• Morris County Office of Health Management
• Rockaway Township Health Department
• F.M. Kirby Children's Center-Madison YMCA
• Morris Area Wellness Partnership
• Hanover Marriott
• Morris Center YMCA
• Whole Foods
• Morris County 4-H
• NORWESCAP

Registration Information
The registration fee includes continental breakfast and lunch, along with course material. Directions and parking information will be sent to all confirmed registrants. If you have not received a confirmation notice five (5) days prior to the course, please contact our Registration Desk at (732) 932-9271.

4 Ways to Register
Online: Visit our web site at www.cookce.rutgers.edu
Phone: (732) 932-9271; Monday - Friday 8:00 am - 4:30 pm
Fax: (732) 932-8726 available 24 hours
Mail: Registration Desk; NJAES Office of Continuing Professional Education; Rutgers University; 102 Ryders Lane, New Brunswick, NJ 08901

Checks payable to: Rutgers University.

Payment Policy - All participants must have prearranged for payment to be admitted to the class (purchase order, check, Visa, MasterCard, American Express or money order).

Inclement Weather - In case of snow, ice or other inclement weather conditions, please call our office at (732) 932-9271. Short course cancellations are NOT announced on the radio. A staff member will be in our office at 6:00 am on the day of the course to answer your weather related questions.

Registration Fees
$49 before 10/1; $59 after 10/1
Includes 4 workshop choices: A - Teen Esteem, B - Food Trust, C - Get Moving, D - School Wellness

The Children's Health Summit has submitted for continuing education credits/contact hours for Dietitians, Nurses, Teachers and Public Health Professionals. Approval is pending. For more information, please contact Susan Anthony at (973) 285-8302 x.233 or via email: santhony@patmedia.net
Program

8:00 am  Registration and Exhibits
8:45 am  Welcome and Opening Remarks
9:00 am  The Causes and Consequences of Obesity in Children
9:15 am  Staying Healthy in a Super-Sized World
          Karen Ensle - EdD, RD, FADA, CFCS
10:00 am Helping Kids Cope with the Emotional Impact of Childhood Obesity
          Marilou Rochford - MA, CFLE
10:45 am  Break
11:00 am Local Resource Panel

H2O Program: This 30 week program provides children and their families the knowledge and tools they require to maintain healthy lifestyles and prevent childhood obesity. Sibi Williams - MED, MHC

Mayors Wellness Campaign: Unique ways that Municipalities in Morris County worked to combat the rising rates of Obesity. Judy Doyle, RN, MAS

HealthBarn USA: A unique hands on nutrition education program teaching healthy lifestyle skills. Stacey Antine - MS, RD

12:00 pm Lunch, local resource sharing and exhibits
1:00 pm  “Trim Kids” - A successful 12 week program that has helped thousands of children achieve a healthier weight. Tools to implement in your home or schools. Connie VanVrancker Tompkins - understudy with Dr. Melinda Sothern

2:00-3:30 pm Workshop Choices - Select Two (40 min each)

A - Teen Esteem: A health and fitness program administered collaboratively with the Trenton Board of Education and Rutgers University-Camden as a gym-alternative specifically for girls. Bonnie Arkus- RN

B - The Food Trust: Three programs that seek to reduce the incidence of diet related disease and obesity; The Kindergarten Initiative, The School Market Program and the Corner Store Campaign. Bonnie Hallam - MA Ed

C - Get Moving Get Healthy with NJ 4-H: Interactive and fun health education programs for all ages. Rachel Lyons and Theresa Yost-Youth Educators

D - Improving School Wellness in your Community: Practical and Cost Effective Solutions. Kathleen Carozza - MA, RD

3:30-4:00 pm Where Do We Go From Here? Summary of key points, evaluations.

Awards

Rachel Wyman
OUTSTANDING DIETETIC STUDENT AWARD
Didactic Program in Dietetics
2007
NEW JERSEY DIETETIC ASSOCIATION

Rebecca Adams
OUTSTANDING DIETETIC STUDENT AWARD
Dietetic Internship Program
2007
NEW JERSEY DIETETIC ASSOCIATION

CAROLYN SEBASTIANELLI
DISTINGUISHED MEMBER
2007
Kathleen McMillan R.D., CDE, L.D, C.D.N

Audrey Adler, MS
EMERGING DIETETIC LEADER
2007
NEW JERSEY DIETETIC ASSOCIATION

Elizabeth Nossier
DIETETIC STUDENT INITIATIVE AWARD
2007
NEW JERSEY DIETETIC ASSOCIATION

Regina Bakshiyev
DIETETIC STUDENT INITIATIVE AWARD
2007
NEW JERSEY DIETETIC ASSOCIATION

Marilyn Laskowski-Sachnoff, MA, RD
MEDALLION AWARD FROM ADA
Marilyn will receive her award at FNCE.
Call For Nominations!

Don’t forget to nominate our amazing Educators!

Outstanding Dietetics Educator Award

Nominate your mentors, Nutrition/Dietetics College professors/instructors past or present, dietetic internship directors, dietetics professionals, and last but not least you preceptors.

Awards Packets are online at www.eatrightnj.org in the Awards link under the members only sites. Dietetic Educators may facilitate the process for those students that are not members of ADA as yet by printing a copy of all the materials and keeping within their students’ reach.

Deadline December 1, 2007

Please note the incoming Awards Chair for 2007-2009 will update the Awards information including where to mail the packets within the month of September.

New Awards Chair is Juliet A. Songco
cherie53@aol.com
973-992-5827