

Western Maryland Area Health Education Center
Dietetic Caucus Minutes
November 6, 2014

The meeting was called to order at 4:35 pm by Theresa Stahl, Chair. The minutes from the September 4, 2014 meeting were reviewed with a correction that Kay Leigh presented the Treasurer's report. A motion to accept the minutes with a correction was made by Brenda Ridgway and seconded by Theresa Stahl.

Present were:

Brenda Ridgway	Meredythe Barrick	Kay Leigh
Amanda Pratt	Jennifer Briggs	Melody Lindner
Theresa Stahl	Lisa McCoy	Marcy Etherson
Joni Brode	Joy Taylor	

REPORTS

Treasury Report:

Kay reported that the current balance is \$747.88 (no change since last meeting).

WMAHEC Board of Directors:

Jennifer was not at the meeting but Joy reported activities at AHEC.

- WMAHEC received the City of Cumberland reimbursement
- The audit report is complete and we are in compliance
- 2 new staff members:
 - Melissa Clark has accepted the position for the ECHO program
 - Christian Brooks has accepted the position with Mountain Health Alliance
- Rhonda is back from a long-term sick leave

Continuing Education:

Kathy Condor was not able to attend the meeting. Joy shared copies of a previous Eating Disorders conference that had been sponsored by Allegany College in 2010. There was discussion about offering a similar conference in fall, 2015. In addition to speakers from The Center for Eating Disorders at Sheppard Pratt, Theresa suggested an additional speaker: Rebecca Bitzer, RDN from Columbia, MD who has a program called Empowered Eating (rbitzer.com and empowereatingblog.com). It was suggested that we split the day in half with staff from Sheppard Pratt for ½ day and Rebecca Bitzer for ½ day. Theresa will speak with Kathy at Allegany College to discuss this and share Rebecca's information. Joy shared that the caucus has no expenses in co-sponsoring this conference but we are responsible for getting the word out to improve the attendance at the College and the Dietetic Caucus. Lisa will check to see if there is a charge to advertise a continuing education event on the Maryland Academy of Nutrition website and report at the next meeting.

Bariatric Sub-Committee for 2014 Update:

Kay updated that Dr. Small and Dr. Novak presented at the Bariatric support group in recent months. We are still discussing a CE program with Dr. Small and RD from Meritus in spring, 2015.

OLD BUSINESS

Listserv & Web Page:

The member listserv was circulated for review and updates.

National Nutrition Month Projects:

Dietetic Caucus Cookbook

Kay reported that the hospital's program to do nutrition analysis for the recipes did not work so they found another resource online. WMHS is using staff (Heather) to input data but the 2 dietetic interns do not have time due to other requirements with their internship. Kay circulated a sample of recipe pages for review to discuss format. Members shared the following suggestions: no nutrition box just put nutrition information at end of recipe; use Times News Roman font size 12-13; no borders; clip art occasionally; no page break clip art. Melody offered to assist Heather with some of these decisions as well. Kay shared the list of recipes to make sure we have all the recipes that were submitted. It was discussed that we should include pages with other information (recipe substitutions, etc.). Joy will send a letter to caucus members asking for suggestions for the additional information sections by the next meeting in January. We still hope to have it ready for distribution in March (Nutrition Month).

NEW BUSINESS

Meeting notices were collected from those that brought them.

Brenda Ridgway shared that she has resigned her position as Clinical Nutrition Manager with Western Maryland Health System effective December 2nd. She has accepted a position at UMPC Altoona as Clinical Nutrition Manager. Her position is advertised on the www.aramark.com website, if anyone is interested. Questions can be directed to John Wilson at 240-964-2304.

National Dietitian's Day Celebration Planning

It was suggested that we hold a cooking class at the Culinary Café with Deb Frank like we did last year. It was enjoyed by all and was a great team-building activity for the caucus. In addition, Deb presents a program for a CE credit. Theresa will contact Deb to see if she is interested again and a possible date. We also discussed whether to have a basket raffle and 50/50 raffle like last year for fundraising (we raised over \$500 last year). The theme for this year's nutrition month is "Bite into a Healthy Lifestyle".

Highlights of Dietitian Activities/Announcements

- Theresa asked members to consider running for the chair-elect position (held by Brenda Ridgway) at next elections in May. Brenda has agreed to stay in that position until elections.
- There is part-time RD position in Martinsburg, WV for 8 hours/week doing diabetes education. Theresa has contact information.
- Lisa reported that she has postponed her diabetes focus groups due to lack of participation and will share the new date when it is set.
- Theresa shared information about the recent FNCE meeting that she attended. The current buzz is nuts and beans. She passed around the new Exchange Lists for diabetes and weight loss booklets and also shared that there is a new "Dish Up a Healthy Plate" handout for renal patients. She offered to share more in-depth information with anyone – just contact her.
- Brenda shared that there will be a Mental Health First Aid class held at WMHS on November 18 and 20, 2014 from 3-7:00 pm. No charge. Excellent program.
- It was suggested that we change the meeting start time to 5:00 pm so it gives people more time to finish their day and attend the meeting. It was agreed to change the time.

OTHER ANNOUNCEMENTS

The meeting adjourned at 5:47 pm. The next meeting is scheduled for January 8, 2015, at 5:00 pm at the WMHS, auditorium room #4.

Respectfully submitted,
Lisa McCoy, RD