

Western Maryland Area Health Education Center  
Dietetic Caucus Minutes  
May 1, 2014

The meeting began with a delicious smorgasbord of dishes the dietitians made from some of the recipes we will be submitting for the cookbook. We started to eat and Theresa called the meeting to order at 5:30 pm. The March 6, 2014 meeting minutes were circulated.

Present were:

Joy Taylor	Jennifer Perrin	Theresa Stahl
Joni Brode	Brenda Ridgway	Kay Leigh
Marcy Etherson	Elizabeth Kauruter	Stacey Dunn

## **REPORTS**

### Treasury Report:

Jennifer reported that the current balance is \$196.83. However, the total does not include the \$526 that was raised from the 50-50 raffle and the gift baskets. Withdrawals from the account include money to purchase a gift plaque for the RD of the year and for gifts for the Culinaire Café staff for their help with the RD day celebration.

### WMAHEC Board of Directors:

Jennifer Wilson was not present at the meeting, so there was no board report. However, Joy announced that WMAHEC has been waiting to hear about a grant to pull two networks together. They just found out that they did not receive the grant so things are very tight at WMAHEC and hours or benefits may be cut.

### Continuing Education:

Linda Atkinson was not present at the meeting. Joy again announced that Linda is retiring soon.

## **OLD BUSINESS**

### Listserv & Web Page:

The member listserv was circulated for review and updates.

### National Nutrition Month Projects:

#### Recipe Books

The hospital RD's are going to format the recipes and analyze. They will be getting two dietetic interns so Theresa suggested that maybe the interns could work on them. The hospital may be short-staffed for a while so discussion ensued about having everyone analyze their own recipes. Joni suggested there are some good sites we could use such as 'loseit.com.' Other sites suggested were 'myfitnesspal,' 'sparkpeople,' and 'calorieking.' Everyone agreed with the idea of analyzing the recipes that she submits. Brenda is going to compile a list of the recipes that people submitted to see if we are lacking in any category. It was decided that everyone who wants to submit recipes should provide 5 to 10 recipes.

### Fund Raising Project Update

Winners of the fund-raising efforts were:	50-50 raffle – Robert Perrin
	Spa Gift Basket – Cindy Held
	Taste of Eating Right Basket – Joy Taylor

## **NEW BUSINESS & OTHER ANNOUNCEMENTS**

### National Nutrition Month 2014 Celebration

Everyone present said they enjoyed the RD Day celebration and would like to do it at the Culinaire Café again next year, if possible. Everyone appreciated the inexpensive price that was charged.

The DTR student was introduced and welcomed: Stacey Dunn. She is doing her training through a distance learning program through Central Arizona College.

Meeting notices were collected from those who brought them.

#### Highlights of RD Activities

The hospital dietitians reported that Adam is leaving to go to WVU to head up the internship program there.

Liz and Allison are both expecting babies.

WMHS is going to have two Aramark dietetic interns. This is a nine month internship. They will get a well-rounded experience at WMHS.

Magnolia Management is looking for a dietitian for Devlin and Moran. Dawn View is also looking for a dietitian.

Theresa announced the Smart Moves program for children begins again in the fall. She also announced that the Change to Win support group is still going on and she handed out flyers to post about these groups.

Theresa also announced the Mile Movers Walking Challenge began May 1. Participants must walk 15 to 20 minutes and will be eligible to win prizes.

The Weight Management support group meets twice a month; once is an actual meeting and the second time is to walk together. Liz reported the participation fluctuates, some months there is low participation but some months it is much higher.

The meeting adjourned at 6:15 pm. The next meeting is scheduled for July 10, 2014, at the WMRMC.

Respectfully submitted,  
Marcy Etherson, RD