

August 2014

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A Message from the PDA President

Hello PDA RDs and DTRs! My name is Johana Bertino and I am thrilled to be serving you as PDA President for the 2014-2015 year. You will recognize several familiar faces from last year's board, as well as a few new board members that we are excited to introduce! In keeping with SCAND and our desire to provide you with timely and relevant communication, we have added a new position, PR and Social Media Chair, to our team this year. It is a pleasure to work with these women, and we are already hard at work brainstorming exciting CEU, networking, and volunteer events as we eagerly anticipate a wonderful 2014-2015 year for PDA!

Last year, we were fortunate to thrive under the leadership of Brittany Chin with 27% of SCAND members living in our district also being PDA members. This year we are hoping to increase that number even further to 30% by incentivizing you to bring friends

and coworkers. Our goal is to continually expand our network of PDA dietitians and DTRs to provide you with support and resources as we work together to promote the RD as the nutrition expert. To this end, we are planning CEU offerings to include pediatrics, nutrigenomics, and Counseling Skills, as well as Food Day activities, a walking team to raise money for Juvenile Diabetes Research Foundation, a new mentorship program, and

more.

On behalf of the 2014-2015 board, I want to extend a warm invitation to join PDA this year. It is the diverse skills, practice areas, and talents of our members that make our organization great. I hope to meet each of you in the coming weeks as we kick off our PDA year. Please do not hesitate to reach out to me with questions, suggestions, or insight at jkbrando@gmail.com. Sincerely,

Johana Bertino RD, LD

New Mentorship Program

PDA is excited to announce the launch of a new Mentorship Program this year. Have you ever wanted to explore a certain area of dietetics by connecting with a dietitian who is in that field or has experience in your area of interest? Are you a dietitian that feels you have a lot to offer to an intern, student, or colleague looking for support and guidance in an area in which you have expertise? We are certain our members have a wealth of knowledge and are excited to facilitate sharing of skills and talents! If you are interested in becoming a mentor, mentee, or both, please fill out the Mentorship Program Form that is attached to the email with this newsletter. You can also email PiedmontDieteticAssociation@gmail.com for a copy of the form. Stay tuned for more information!

2014-2015

Board Members

President:

Johana Brandon, RD, LD

President-Elect

Lynn Schulte, RD, LD,
CNSC

Immediate Past President

Brittany Chin, RD, LD,
CTTS

Secretary

Karen Kemper, RD, LD

Treasurer

Amy Downey, RD, LD

Nominating Chair

Erin Ward, RD, LD

Legislative Affairs

Cindy Thomas, RD, LD,
CDE

Education Chair

Priscilla Dhas, RD, LD

Social Media/PR Chair

Katie Lybrand, RD, LD



Join Us for the PDA Kick-Off Social

When: Thu, Aug 21, 2014 at 06:00 PM

Where: Liberty Tap Room, 941 S Main St, Greenville SC 29601

Please join us as we kick off the 2014-2015 membership year! Network with fellow RDs, DTRs, and students over light appetizers at Liberty, and afterwards join us for a **Greenville Drive baseball game!** See the last page of this newsletter for the 2014-2015 membership form which you can turn in at the event.

Appetizers are compliments of PDA. Drive game tickets are purchased by the individual and are \$7 for lawn and deck seats

Upcoming PDA Events

JDRF Walk to Cure Diabetes on September 20th, 9:30 AM at the BMW Performance Center in Greer. PDA's goal is to have at least 8 walkers and raise \$250 for JDRF. Join our team by [clicking here](#) and search for the Piedmont Dietetic Association under team names.

“Empowering Clinicians to Overcome Everyday Nutritional Challenges Facing Children with ADHD” CEU sponsored by Abbott nutrition. Will be held in September—date and location to be announced

Food Day is October 24th and PDA is involved in coordinating a fun, family friendly event to celebrate healthy, affordable, and sustainable food in Greenville. Details about the location and time for our local event are to be announced. In the meantime, check out the [Food Day website](#) to learn more about the movement

Why do I have to be an AND Member to join PDA?

We would like to explain this question in more detail so the requirement that you be a current Academy member to become a member of PDA is clear and transparent. The Piedmont Dietetic Association is a district association under the South Carolina Academy of Nutrition and Dietetics. To be a member of SCAND you must be an AND member, and also select South Carolina as your affiliate. Each state association, including the South Carolina Academy of Nutrition and Dietetics, receives funds from AND annually based on the number of AND members in their state. A part of these funds are available in the form of membership benefits at the district level such as PDA. Because of the direct affiliation with AND, SCAND requires district level organization members to be AND members. PDA follows this requirement, but we understand there are many reasons why Upstate RDs, DTRs, interns and students may or may not decide to become an AND member. Therefore, we offer our beginning and end-of-year socials to all, regardless of AND or PDA member status and open our CEU events to non-members for a \$25 cost. We hope this provides value to our members, while allowing some flexibility for those who are not, so that all Upstate nutrition professionals and students can connect in our community.

Benefits of a 2014-2015 PDA membership:

- FREE CEU events and socials
- FREE PDA t-shirt
- Networking with other upstate RDs/DTRs
- Mentoring dietetic students
- Leadership opportunities
- New job postings
- SCAND updates
- Exposure to Public Policy
- Quarterly Newsletter
- Social Media Communities
- PDA Sponsored conference opportunities



Benefits of a 2014-2015 AND membership:

- Receive publications including the Journal of the Academy of Nutrition and Dietetics and E-Newsletters
- Career and practice resources
- CEU opportunities
- Policy initiatives and advocacy for our profession
- Networking
- Professional discounts
- Learn more details about Academy Member Benefits [here](#)

Meet Your 2014-2015 PDA Board Members



Johanna Bertino is serving as the 2014-2015 President of the Piedmont Dietetic Association. She is originally from Versailles, KY (home of horse racing and bourbon!) and completed her undergraduate Nutrition and Dietetics degree at Samford University in Birmingham, AL. She moved to South Carolina to complete her internship at the Medical University of South Carolina. Johanna met her husband, Matt, in Greenville while she was working in Outpatient and Wellness at Bon Secours St. Francis, and they now call South Carolina home. She has recently changed direction in her career and is specializing in eating disorders at Riley Therapy in Greenville. Her favorite food is Publix cheesecake and if it weren't for dietetics, she probably would have majored in literature.



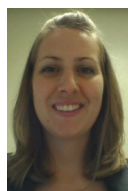
Lynn Schulte serves as President Elect of PDA and is originally from Ottawa, Ohio. After graduating from The Ohio State University's Coordinated Medical Dietetics program she made the move to South Carolina for work and better weather! Lynn works at Spartanburg Hospital for Restorative Care as an inpatient clinical dietitian and also volunteers with SCAND and ASPEN. Her favorite food is "wedding noodles" that are always served at weddings in her home county and usually made by the same caterer, Ruth. Something that most people do not know about Lynn is that her back up career was to become a horse trainer!



Brittany Chin is the Immediate Past President of the Piedmont Dietetic Association. She currently serves with SCAND as the PR Media-Coordinator and the chair of the SCAND marketing committee. She is also the Thirty and Under in Nutrition and Dietetics SC state representative. Brittany is a Clinical Health Consultant III for Health Diagnostic Laboratory Inc., and has worked in outpatient counseling with HDL in physician offices around the state for 3 years. She also leads the HDL Inc. Clinical Health Consultant social media committee and manages their corporate blog. Brittany is from East Greenbush, NY and received her Bachelor's in Nutrition Science and Dietetics from Syracuse University and completed her dietetic internship at the Medical University of South Carolina. She is currently enrolled in the Master's in Health Communications program at Boston University. Brittany's favorite food is cucumbers and she loves to cook, entertain, and blog with one of her best RD friends at <https://thehealthybachelorette.wordpress.com/>



Karen Kemper serves as secretary for PDA and grew up in Richmond Hill, Georgia. She attended the University of Georgia for her bachelor's in dietetics and completed her dietetic internship at the Medical University of South Carolina. She now works with Greenville Health System in the Business Health department providing wellness education for employees and the community. Her favorite dish is chicken parmesan and any other Italian dish with marinara sauce and cheese. Karen served briefly in the Peace Corps in Ethiopia where among many other realizations she learned that she loves, and is forever grateful for, a hot shower.



Amy Downey graduated from Concordia College in Moorhead, MN and completed her internship with Iowa State University in Waterloo, Iowa. She grew up on an 80 acre hobby farm outside Braham, MN. Amy is currently the Clinical Nutrition Manager for Bon Secours- St. Francis Hospital System in Greenville. Her favorite food is any type of frozen dessert (ice cream/gelato/sorbet). Amy and her husband just bought their first home outside Traveler's Rest and are expecting their first child September 9th.



Erin Ward grew up in Lexington, KY and graduated from the University of Kentucky with a degree in human nutrition and dietetics in 2010. She also completed her internship through the University of Kentucky's Coordinated Program in Dietetics. Erin has been in Greenville, SC for a year and a half, and currently works as the Clinical Dietitian in the Greenville Memorial Hospital's Neonatal ICU. Neonatal nutrition is her passion, and as a dietitian it is very rewarding to get to visualize the results of her work. Being able to see her patients grow and thrive everyday is why she loves what she does.

Meet Your 2014-2015 PDA Board Members, cont...



Priscilla Dhas is originally from Syracuse, NY, and has resided in Greenville, SC for 6 years. She completed her undergraduate studies at SUNY Albany, and her graduate degree at NYU. Priscilla completed her internship with SCDHEC in 2007, and currently works at Pelham Medical Center as the Clinical Nutrition Manager. Her favorite cuisine is Italian, but loves to cook most everything. She'll try any food or recipe once! She's looking forward to another exciting PDA year!



Cynthia L. Thomas moved from Cincinnati Ohio where she was employed as a Diabetes Educator, Research Dietitian and Consultant Dietitian, working with catering companies and Eating Disorder clients. Currently she is employed as a Diabetes Educator at Greenville Health System – Diabetes Self Management Program. Diabetes is her passion. She has written articles for Greenville News and Greenville talk Magazine and has spoke on numerous nutrition topics that have been aired on local news channels. She volunteers her time at local community churches. Cindy has been married close to 30 years and has 4 boys. Her hobbies include cooking, for many people, especially her husband Bill. She enjoys reading, just about anything from labels to research to history. She is always encouraging exercise and determined to make healthy choices for her and her families' future. Her Life is good and will continue to move forward... She always remembers whatever you want to bring into your life you must give it!



Katie Lybrand is a Registered Dietitian living in Greenville. She is originally from Summerville, SC and attended Clemson University to obtain her bachelor's in Food Science. She completed her dietetic internship with South Carolina DHEC in Greenville. She works in Anderson at Patrick B. Harris Hospital doing both clinical tasks and food service operations. Currently she is obsessed with spinach stuffed mushrooms and finding new recipes to try! A fun fact about Katie is that last December she road tripped around Italy exploring the culture and cuisine (mainly the cuisine!!).

Legislative Corner—RDNs and Diet Orders

The Centers for Medicare and Medicaid Services (CMS) announced a final rule that, among other things, will allow registered dietitian nutritionists (RDNs) to become privileged to independently:

- Order patient diets without requiring the supervision or approval of a physician or other practitioner; and
- Order laboratory tests* to monitor the effectiveness of dietary plans and orders. Please note that ordering privileges for laboratory tests are determined by

hospitals and their medical staffs in accordance with state law as well as any other requirements and/or incentives that CMS or other insurers might have.

CMS expects this rule to improve the efficiency and efficacy of nutrition care and save up to \$459 million in annual hospital costs. The Academy supports this new rule that will provide patients with better health care and help hospitals function more efficiently. For more information visit: eatright.org/dietorders
Source: eatright.org/dietorders

South Carolina Obesity Initiative—The RD as Medicaid Provider

Historically, dietitians have not been able to bill Medicaid for their services but that is changing soon! Stay tuned as South Carolina leads the way in adding RDs to a multidisciplinary plan that would allow physicians and dietitians to bill for 6 visits each in the treatment of obesity. SCAND and PDA will be bringing you live and recorded information sessions to assist you in obtaining a National Provider Identification (NPI) Number and enrolling as a Medicaid provider. Don't miss this exciting opportunity to bring your expert nutrition knowledge and counseling skills to the fight against obesity!

Questions or Comments? Contact us at
PiedmontDieteticAssociation@gmail.com



PDA in Pictures



PDA's End of the Year Social for the 2013-2014 year was held in May at 21 East in downtown Greenville. It was a fun way to spend time together and acknowledge a great year of growth for PDA and express thanks to all the board members.



In June, PDA members volunteered with Chicago Bears player and Spartanburg native Landon Cohen at Project T.E.D.D. (Train-Eat Healthy-Discipline-Determination) Camp in Spartanburg



Even family, spouses, and significant others got involved in helping PDA raise money by volunteering at Main Street Fridays in downtown Greenville this summer. Cindy's bell-ringing enthusiasm was especially helpful in raising tips!



PDA members sold tickets, wristbands, and poured beer and wine as volunteers at Main Street Fridays. By collecting tips from the event, PDA was able to raise a significant amount of money that you as a PDA member will see this year in events, CEUs, and other benefits!



For the most up-to-date information, please "like" our Facebook Fan Page at:
www.facebook.com/piedmontdieteticassociation





2014-2015 Annual Membership Registration Form

Name: _____

Credentials: _____

Address: _____

Street

City

Zip

Phone #: _____

Email Address: _____

Note: Email will be the PRIMARY source of communication to let you know about PDA/SCAND happenings and other timely matters.)

Are you on Facebook? (please circle) Yes/No

T-shirt Size (women's fit): (please circle) S M L XL

Place of Employment: _____

Practice/Specialty Area: _____

What CEU topics would you be interested in?

You must be an AND Member to join PDA

Academy of Nutrition and Dietetics (AND) Membership #: _____

Please make sure your state affiliate is the South Carolina Academy of Nutrition and Dietetics (SCAND), to change your affiliate go to the AND Member Payments tab of the eatright.org webpage.\

Membership Type (select one):

\$_____ Professional Membership (\$30)

\$_____ Retired Professional (\$15)

\$_____ Student Membership (\$15) –State Affiliate must be SCAND

Please make checks payable to: Piedmont Dietetic Association

Please send this form & your payment to the PDA Treasurer:

Amy Downey
301 Summitbluff Drive
Greenville, SC 29617

*Payments & Membership forms will also be accepted at PDA meetings

Questions: Please email the PDA Secretary Karen Kemper at
PiedmontDieteticAssociation@gmail.com