

# NJD-HCF Communique

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## Chairman's Corner By Elsie Nucum-Allen, MS RD

It is with much gratitude and pleasure that I serve as your Chair for the coming 2006-2007 year. This is an exciting time for our group as we continue to be the only Dietetic Practice Group with the New Jersey Dietetic Association and our membership continues to grow.

I also wanted to take this opportunity to congratulate all of the newly elected and continuing Board members. I look forward to working with everyone this year. Together we should be able to achieve our goals.

A note of thanks to all past Board members. They all serve so diligently in maintaining the highest standard of professionalism to this group. A special note of thanks to our Past Chair, Christine Colvin, RD, who gave the NJD-HCF a tremendous amount of her time and provided us with wonderful leadership. I hope I can facilitate as productive a year as she did. Her continued guidance will be welcomed and appreciated.

As you Chairman, I look forward to all the challenges and plan to work with the Executive Board and Committee members to ensure that our programs will meet our growing needs.

Josephine Velez, Rd, our Co-Chairman and I are looking forward to attending the ADA FNCE in Hawaii in September 16-19, 2006. We hope to bring back informative information to share with our members. We are scheduled to attend a workshop on September 16, 2006 presented by the CD-HCF on "Geriatric Care issues."

Our September 28, 2006 NJD-HCF conference will be on "Sanitation and Management – An Overview" and an "Update with the Department of Health and Senior Services on Regulations".

Please save this date and I hope to see you there.

## CONGRATULATIONS TO OUR NEW EXECUTIVE BOARD 2006 - 2007

Chairman: Elsie Nucum-Allen, M.S., R.D.

Chairman Elect: Josefina Velez, R.D., DHCFA

Secretary: Darlene Morrison, R.D.

Treasurer: Pat Finnerty, R.D.

Treasurer-Elect: Laurie Kiefer, M.A., R.D.

Liaison Committee: Julieta Songco, MS Ed, R.D.

Legislative Committee: Leann Grossman, MA, RD

Quality Assurance: Elizabeth Dunnell, MEd, RD

Diet Manual: Barbara D'Asaro, R.D.

Webmaster: Maria Lewis, R.D.

Marketing: Luzviminda Cabotaje, PhD., R.D.

Public Relations/  
Newsletter: Natalie P. Zetter, MS, RD

Membership: Harriet Kahn, M.A., R.D.

Awards/Recognition: Paula Hopkins, R.D.

In-Service Materials: Linda Bartlett, R.D.

Credentials: Kathy Capozzi, R.D.

By-laws: Vanita Manchanda, R.D.

Nominating Committee:

Dorothy O'Connell, R.D.

Mary Lou Bialon, R.D.

Elizabeth Rodriguez, M.S., R.D., L.D.

The above board members will also be listed in the NJD-HCF 2006 – 2007 Directory along with their phone numbers and e-mail addresses. The directories will be mailed to each of our members in September.

**Legislation Update From the 74<sup>th</sup> Annual NJDA State Meeting May 12, 2006**

By: Leann Grossman, MA, RD  
Legislative Chair, NJD-HCF

Speakers: Mary Hager, PhD, RD of the ADA's Washington DC Office and Rob Nixon, NJDA Lobbyist from Princeton Public affairs Group; sessions entitled "Where we are and where we are going; NJ Legislation Update" and "Developing the Grassroots Movement: Marking Our Future Happen"

Dr. Hager is now Senior Manager, Regulatory Affairs for ADA. Dr. Hager spoke on nutrition issues facing our state and our future. She encouraged us to make our goal that NJDA members be the most sought-after, valued, and essential resource for nutrition issues in our state. Areas of importance at present are recognition of the dietitian as the professional, licensure and scope of practice, state regulation of healthcare facilities, state insurance regulations, Medicaid, child nutrition programs and school wellness, Medical Nutrition Therapy, obesity, and public health initiatives such as the Older Americans Act. She encouraged all to stay abreast of current regulatory, legislative, and licensure trends by visiting the NJDA website [www.eatrightNJ.org](http://www.eatrightNJ.org) and monitoring state facility regulations which are evolving. Check the NJDA website weekly and also the state regulatory website [www.state.nj.us/health/ltr/regs.shtml](http://www.state.nj.us/health/ltr/regs.shtml) often for changes in rules, rule proposals, and statutes – see currently proposed for LTC, Ass't Living, and adult day care.

Rob Nixon, our NJDA Lobbyist, feels that the climate is right for Licensure in our state; New Jersey remains one of only six states without licensure. Previous attempts were not successful – in the 1990's the Republican governor was opposed to any additional boards and committees; then our licensure was on the legislative agenda but the bill's sponsor retired. At present Assemblyman Stack of Hudson County has agreed to sponsor a licensure bill and legislation is being drafted. Rob estimates that in just 2 weeks (from the May 12 date) this bill will be introduced to the legislature and will be awarded a bill number. His job as lobbyist is to elevate the bill for consideration of passage as nearly 5000 bills are proposed each legislative session with 400-500 becoming law. It is very important that we all monitor the NJ state legislative website for a copy of the bill.

Needed are education of the sponsors and the various committee's staff members, and letters to the editor defending dietitians if any derogatory or omitting articles appear.

Critical to lobbying are three items:

1. Having a good relationship with the legislators and their staff in your district – introduce yourself and get to know them; let them know you are a professional and offer to be a resource for their staff.
2. Having credibility – be honest, state what you have to say, supply your educational level, and state what you do everyday in the field of dietetics.
3. Providing information – be ready with information legislators need to know; remember that laws are not stagnant but must develop, which involves change; be ready to research information for legislative staff if approached.

Keep the NJDA website handy and check for upcoming information on licensure. There are 40 legislative districts in NJ and we need to have someone in each district familiar with the legislator and their aides. This is what is referred to as the "Grassroots" movement. Please, if you are comfortable speaking with your legislator, contact Karen Ensle at [ensle@aesop.rutgers.edu](mailto:ensle@aesop.rutgers.edu) as she is forming the district list. Also contact her if you would be willing to write letters or e-mails (again, form letter will be provided), or make phone calls regarding licensure. By supporting this licensure legislation, we can take control of our future by influencing public policy in nutrition in our state.

ALSO AT THE ANNUAL NJDA MEETING: Barbara D'Sario and I spent time at the NJD-HDF table distributing our 2006 information brochures, candies, and displaying our Diet Manual. It was great meeting students, current NJD-HCF members, and potential members and speaking proudly of our practice group. Many did not previously know of us – BUT THEY SURE DO NOW!

**NJDA STRATEGIC PLANNING MEETING**

Submitted by: **Julietta Songco, MS, Ed, R.D.**  
**Liaison Committee Chairman**

The NJDA Strategic Planning Meeting was held on Saturday April 22 at Rutgers, New Brunswick. Julie O'Sullivan Maillet, Ex-ADA President, was the facilitator and guided the NJ DA Association through the strategic planning process. Julie had used the ADA as strategic planning material as agreed.

The meeting started by giving the board four questions:

1. If NJDA disappeared tomorrow, what would happen, or not happen, today? Next year? Five years from now?
2. What is the core mission(s) of NJDA?
3. What are the core values?
4. What is our vision?

With these, more questions were posed to the group:

- What are the goals of NJDA and its regions?
- What does NJDA in part or whole need to do to accomplish its missions, goals, and values?
- What internal and external factors are impeding NJDA from accomplishing its goals?
- What are the strategic goals for the Association?
- What activities are needed to accomplish the goals?
- Who will take responsibility for accomplishing the activities?
- What are the next steps to achieve the vision?
- Is the energy to accomplish worth the impact or influence on the profession and/or the health of the public?

Bottom line, we did think critically about the direction of where NJDA is heading.

**NJDA STRATEGIC PLANNING MEETING Con't**

The following was a handout provided at the NJDA Meeting which is worth sharing.

**15 Ways to Know You're a Dietitian**

1. When you run into friends at the grocery store, they strategically eyeball the contents of your shopping cart.
2. When you go out to eat, your party waits to see what you order.
3. If you have ever dreamt about calories, the FGP, Krebs's cycle, etc.
4. When someone finds out you're a dietitian, you have to hear what they've eaten for the past two weeks.
5. You can blame anything on food: "Oh, you're not getting enough \_\_\_\_\_"
6. You can solve anything with food: "Oh, you just need some \_\_\_\_\_"
7. You special order at every restaurant!
8. You're either hyper-organized or super un-organized!
9. You would be rich if you had a quarter for every time you've explained to a patient that you didn't cook their food.
10. You share the same name as the jr. high school cafeteria workers: "The Food Lady".
11. People that eat around you start out by saying "I know it's bad".
12. You have to make special trips for treats because you wouldn't dare keep any at home.
13. You look at others' plates and immediately do a calorie count.
14. You duck, in attempt to conceal your identity, if you ever drive or ride through a drive-through.
15. You keep family and friends from eating anything that has been in the "danger zone".

## **Diet Manual Committee Update**

By Barbara D'Asaro, MNS, RD, Chair

The revised NJD-HCF Diet Manual will be ready in the fall of 2007.

The major change will be the No Concentrated Sweets (NCS) diet. For the resident with diabetes or blood sugar control impairment, merely restricting "sweets" is no longer appropriate since some "non-sweet" foods have a higher glycemic index than sucrose. Examples are white potatoes and white bread. Alternative names for blood sugar controlling diets could be Diabetic Diet (DM) or Consistent Carbohydrate Diet (CCHO). These new concepts will be more difficult to teach than the old NCS diet, especially to CNAs, patients/residents and families for whom the "no sugar" idea is so ingrained. Compliance with a diabetic diet is more likely when the idea of including an occasional dessert **instead** of another starch is understood. Inservices will be necessary. Physicians' terminology for ordering a diabetic diet will have to be changed. Please call with your comments on this issue.

I have been dismayed to find how many of the nursing staff were **not aware** that there is a diet manual available to them. They were all pleased to have this resource including potential handouts. When the 2008 Diet Manual is available (if not sooner), an inservice for all healthcare and dietary staff is indicated regarding the features, use and location of the manual. Other department staff would also benefit (social service, activities).

Articles in this newsletter are for your review and not necessarily the opinion of this editor or this practice group.

## **Membership Report**

By Harriet Kahn, Chairman

Our membership drive has now ended and the new Directory will be available in September. We have a total of 120 members for 2006-2007, of this 12 are new. Last year our membership totaled 111.

Although we will always accept new members their name may not appear in the Directory. If you know anyone who wishes to join our organization have them contact Harriet Kahn at 732-442-7606. They will still receive all benefits available to us as members.

### **DON'T FORGET TO MARK YOUR CALENDAR**

**SEPTEMBER 28  
NJD-HCF CONFERENCE**

"Sanitation and Management – An Overview"

"Update with the Department of Health and Senior Services on Regulations"

**Deadline for the December Newsletter  
will be November 21, 2006**

**Please send all articles or  
announcements to: Natalie Zetter, R.D.  
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East Brunswick, NJ 08816**

**Or email to: NataliePZ@aol.com  
Phone: 732-257-0285  
Fax: 908-687-4736**