

# The LVDA Lunchbox



The **QUARTERLY NEWSLETTER** of the  
Lehigh Valley Dietetic Association

Packed with Nourishing News You Can Use

Lehigh Valley Dietetic Association: Serving PADA members in Berks, Carbon, Lehigh, Monroe, Northampton and Schuylkill Counties

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The LVDA is committed to providing members with quality continuing education programs, networking opportunities, current information on issues affecting the dietetic profession and much more!



## President-Elect's Message

### Amy Romberger, RD, LDN

It is my pleasure to assume the role of President-Elect of the Lehigh Valley Dietetic Association for the 2017-2018 term. My time with the LVDA began two years ago, at the end of my dietetic internship, and has been a pivotal part of my career. Those valuable years on the board of directors were spent serving as the secretary of the association.

My time as secretary was full of unique learning experiences that will benefit me in my new role. I have learned the importance of networking, built invaluable relationships, and prepared myself to contribute to the growth of this organization. It is my hope that with my guidance, others will find the same benefits of membership.

In my upcoming years on the presidential committee, I hope to lead the LVDA in a direction in which we enhance participation, strengthen our presence in the Lehigh Valley through social media platforms and community outreach, and expand our membership by appealing to multiple facets of the profession and forming a student committee. The LVDA



has so much to offer. If we continue to work at our full potential, the possibilities are limitless. I am looking forward to a year in which we all continue to utilize the resources we have through one another.

Our association is fortunate to have many diverse perspectives and unique talents. I am confident that together we can achieve a strong and active membership, strengthen community recognition and relationships, and welcome new ideas as we move forward. I take pride in this role and am grateful to the membership that considered me worthy of a leadership position. We are going to have a great year!



## BOARD OF DIRECTORS

### EXECUTIVE BOARD MEMBERS

**President:** Andrea Barnes, MS, RD, LDN, FAND •  
lvdapres@gmail.com

**Immediate Past President:** open

**President-elect:** Amy Romberger, RD, LDN •  
aeromberger@gmail.com

**Secretary:** Jennifer McCarthy, RD, LDN •  
lvdasecretary@gmail.com

**Treasurer:** Nancy Wagner, MBA, RD, LDN •  
lvdatreasurer@gmail.com

**Continuing Educ. Chair:** Sherri Cirignano, MS, RD, LDN •  
cirignano@aesop.rutgers.edu

**Continuing Educ. Chair-elect:** Dana Pammer, RD, LDN •  
dmshafer17@gmail.com

**Nominating Chair:** Melinda Manuel, MS, RD, LDN •  
lvdanominating@gmail.com

**Nominating Chair-elect:** open

### BOARD MEMBERS

**Nutrition Education:** Alexandra Sodl, RD, LDN •  
ams2127@gmail.com

**Newsletter Editor:** Tammy Zalokar, RD, LDN •  
lvdanewsletter@gmail.com

**Membership Coordinator:** Laura Gallagher, RD, LDN •  
lvdamembership@gmail.com

**Public Relations Chair:** Mardi Garland, MS, RD, MBA •  
mlgarland2@gmail.com

**Reimbursement Chair:** Jennifer Doane, MS, RD, CSSD, ATC •  
jdoane@anwnutrition.com

**Website Coordinator:** Gina Hassick, MA, RD, LDN, CDE, NCC •  
lvdawebmaster@gmail.com

**Public Policy Chair:** open

**Career Guidance Chair:** Marilou Wieder, MS, RD, LDN •  
mwieder@cedarcrest.edu

**Rep. on PAND Nominating Committee:** Melissa King, MS,  
RD, LDN • mfsavino@aol.com

**ADA Delegate:** Susan Adams, MS, RD, LDN •  
seadams@rcn.com

## Our MISSION

The Lehigh Valley Dietetic Association is the advocate of the dietetic profession, servicing the public through the promotion of optimal nutrition, health, and well-being.



## CONTACT **the** LVDA

Lehigh Valley Dietetic Association  
PO Box 3388 • Allentown, PA 18106-0388

 [LVDAmembership@gmail.com](mailto:LVDAmembership@gmail.com)

 Lehigh Valley Dietetic Association

 @EatRightLV

## SUBMIT **to** the Newsletter

Do you have an exciting event, accomplishment or opinion you would like to share with members of the LVDA? Perhaps you'd like to share your expertise and experience by writing an article or letter to the editor. The LVDA newsletter is published four times a year. Members of the LVDA may email information and articles to Tammy Zalokar at [lvdanewsletter@gmail.com](mailto:lvdanewsletter@gmail.com).

Go to [www.eatrightpro.org/resource/career/career-development/marketing-center/tips-on-writing-articles-and-letters-to-the-editors](http://www.eatrightpro.org/resource/career/career-development/marketing-center/tips-on-writing-articles-and-letters-to-the-editors) to find tips on writing articles and letters to contribute to the LVDA newsletter.





## Save the date!

The PAND Annual Meeting and  
Exhibition will be held from  
4/5—4/7

The Harrisburg-Hershey Holiday Inn  
604 Station Road, Grantville, PA

## Membership Report



Laura Gallagher RD, LDN,  
LVDA Membership Chair

As of November 14, 2017, the LVDA has 75 members for the 2017-2018 membership term. It is still not too late to join the LVDA! Please encourage your peers and colleagues to complete a membership application. Applications can be completed directly on our website and we now have easy checkout with PayPal. A printable membership page is also on our website; you can mail check payment to LVDA. Go to the following link for the membership page:  
[www.eatrightlehighvalley.org/membership/](http://www.eatrightlehighvalley.org/membership/)

Some of the benefits of a district membership include: Local conferences for continuing education credits and networking events, leadership to volunteer opportunities, scholarship opportunities for undergraduates, graduates and dietetic interns, access to local job listings, membership directories and connection to peers via social media, and quarterly newsletters. We also encourage all LVDA members to be a member of the PA Academy of Nutrition and Dietetics. The LVDA Board of Directors is looking for your feedback on our membership application process. Please send comments and/or suggestions to Laura Gallagher at [lvdamembership@gmail.com](mailto:lvdamembership@gmail.com)



## SOCIAL MEDIA Update

Connect with the LVDA any way you can. You can find us on Facebook, Twitter and LinkedIn.

Let us be your source for up-to-date information on the profession's most current topics – and don't forget to send us your photos from nutrition events around the valley!

### CURRENT FOLLOWERS

-  Facebook: 92 Likes, 93 Follows
-  Twitter: 224 Followers
-  LinkedIn: 45 Members

People are checking out the LVDA's website... Are you?

[www.eatrightlehighvalley.org](http://www.eatrightlehighvalley.org)

Website hits for fall/winter 2017:  
September: 332  
October: 219  
November: 224



## Treasurer's Report

Nancy Wagner,  
MBA, RD, LDN

As of November, the LVDA has a total of \$9,264.04 in available funds.

In the coming months we will be looking to utilize some of these funds to host a Spring event, as well as continue to provide book donations to local libraries in our six counties. See our book donation flyer on page 14.





# 'Let's Do Lunch' ... Confessions of an LV Dietitian

## Nancy Wagner

MBA, RD, LDN

**Olivia Fieo** is the Registered Dietitian for the ShopRite of Bethlehem. She received her B.S. and attended the Dietetic Internship Program at Cedar Crest College before entering into the world of retail.

Olivia holds a passion for public health and discovered what better way to provide nutrition education than in a grocery store, the main source of food for the community.



**Olivia Fieo, RD, LDN**

When she's not advocating health and wellness to customers and the community, she's enjoying life one adventure at a time, whether hiking

Rainbow Mountain in Peru or kayaking in the Schuylkill River, she's always on the move. Olivia is currently working toward her CDE after implementing a Free Diabetes Management Program at the ShopRite of Bethlehem.

You can learn more about Olivia Fieo and the services she provides by contacting her via email at [Olivia.Fieo@Wakefern.com](mailto:Olivia.Fieo@Wakefern.com) or by phone at 610-865-2439.

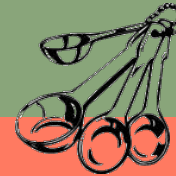
Also, you can visit ShopRite.com or Facebook @ShopRite.BethlehemPA for more information.

## Take me to work with you and describe my Experience.

You will be in the position of a unique and free health and wellness resource to customers and

See Lunch, page 5

## The MAIN Ingredient



### Recipe: Grilled Salmon & Avocado Salad

#### Ingredients

- 4 4-oz salmon filets
- 1 Tablespoon olive oil
- 1 Tablespoon basil
- 2 Cloves crushed garlic
- 4 cups chopped romaine lettuce
- 1/2 cup thinly sliced red onion
- 1 cup sliced cucumber
- 1 cup grape tomatoes, halved

1 ripe avocado, peeled, seeded and sliced

#### For dressing:

- 1/4 cup lime juice
- 1 Tablespoon olive oil
- 1 tsp Dijon mustard
- 1/4 tsp salt
- 1/4 tsp ground black pepper

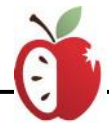


#### Instructions:

Preheat grill. Pat the salmon filets and dry with a paper towel. Brush each side with the olive oil and season with the garlic and basil. Grill the salmon filets on each side for 4-5 minutes, or until just cooked through. Set aside. Build each salad starting with 1 cup of Romaine lettuce, top with 1/4 of the sliced onion, 1/4 cup of the sliced cucumber and tomato, the grilled salmon filet and 1/4 of the sliced avocado. Repeat for remaining three salads. In a small bowl, whisk together the lime juice, olive oil, Dijon mustard, salt and pepper. Drizzle the dressing over each salad. Recipe adapted from American Diabetes Association at:

<http://www.diabetes.org/mfa-recipes/recipes/2016-07-grilled-salmon-and-avocado-salad.html>

**Nutritional Info:** Cal 320, Protein 24g, Fat 21g, Sat Fat 3.6g, Carbohydrates 10g, Sugars 2g, Fiber 4g, Cholesterol 60mg, Sodium 260mg, Potassium 790mg



# Confessions of a Lehigh Valley Dietitian

Lunch, from page 4

the community. At first, you may feel overwhelmed walking in the shoes of a retail dietitian, but at the end of the day, there's nothing more gratifying.

Every day you will have a different experience which could include cooking demonstrations, culinary workshops, individual or informal consultations, support groups, store tours, in-store and community outreach events and presentations, associate wellness programs, health fairs, health screenings, sustainability events, social media outreach, inter-department relations, company meetings, Well Everyday campaign and program development, and so much more. The sky is the limit and the value of the service is limitless! The number of people you will reach to eat well and be happy both in and out of the store is awe-inspiring and gratifying.

## What do you like to do in your free time?

I love to travel, whether at a weekend getaway camping in the Poconos or a day trip adventure in New York City, I love to experience new places. If I'm not traveling to foreign countries or relaxing on the beach, you can find me on the trails for my daily jog or in the kitchen prepping dinner.

## What is your favorite new food trend?

All things cauliflower! Cauliflower crust, cauliflower tots, riced cauliflower, buffalo cauliflower, mashed cauliflower, cauliflower hash, cauliflower fritters, cauliflower steak, cauliflower muffins, cheesy cauliflower, and cauliflower hummus.

I feel like Bubba in Forest Gump saying all this. I love the versatility you have with cauliflower and I think it could be a trend that's here to stay.

## You're meeting friends for lunch, where will you go?

My kitchen! Let me explain: in college, my worst subject was experimental foods as I couldn't even cut a hard-boiled egg the right way. However, my position at ShopRite forced me to get a little more intimate with food so that I can help customers feel comfortable too.

Since I began my career, I would prepare at least two meals per week for my boyfriend, friends or family. I started to get to know my way around the kitchen and food! My friends were even influenced to start cooking more so we started a tradition of preparing healthier meals together. The kitchen is now one of my favorite places to be with friends.

## Tell me about your most memorable meal.

My most memorable meal was in Tuscany, Italy. When I was 18, my mother and I backpacked through Europe – one of

the greatest adventures of my life! We had little cash to spare, thus a loaf of bread and some bologna we got from street vendors is all we could afford. When we finally arrived in Italy, we stayed with a host family and to my delightful surprise, they created the most fulfilling, savory and delectable meals I have ever had! We indulged ourselves with three course meals every three hours! Fresh vegetables and garlic, local olive oil, homemade pasta and bread...bon appetite.

## List two ingredients you could not live without

I couldn't live without hummus or crushed red pepper. Hummus is a staple item for me whereas the crushed red pepper is because I love the sensation of spicy food on my palate! Hummus is used to encrust my chicken or fish, rather than breadcrumbs and I even make my own salad dressing using a variety of flavors of hummus.

## Favorite celebrity chef

Gordon Ramsey! I know I probably should choose Jamie Oliver, who I am also obsessed with due to his impact on schools' food services, but Ramsey's twisted charm, perfectionism, genuine talent, drive for success, humor and so much more are the reason I have a secret crush on this famous celebrity chef. Whoops! Not so secret anymore.

See More Lunch, page 6



# Rep. Gary Day's 8th Annual Senior Expo

**By Janet K. Little,  
MPH, RD, LDN  
Past Pres., LVDA**

Senior citizens who attended the event learned about food and nutrition as they relate to health when they stopped by the LVDA table. The event took place on October 5 at the firehouse in Kutztown.

As always, it was rewarding to meet the public and answer their questions. I was grateful for our attractive banner, table cover, handouts and LVDA business cards. Newly-available handouts about food allergies and GI issues created by the nutrition department at Cedar Crest College were popular. As always, I promoted how to find an RD nearby.

The interaction that still stands out in my mind was a grandmother who watched her four young grandchildren, two for both of *her* children,

before and after school. She was worried that the grandchildren we're not eating enough based on their irascible behavior after school.

The parents of the 6 and 8-year-old were so concerned about their children falling prey to the family tendency



toward obesity that they did not want them to have an after-school snack and ruin their appetite for dinner. Imagine being a growing girl in third grade or boy in first grade eating lunch at 11 am but denied a snack at 3 pm. Fortunately, with the materials on hand, I was able to help her develop a plan to learn, along with the parents, about all four children's growth patterns, nutritional needs and how to meet them with a 3pm snack.

The Representative, pictured with me in the photo noted that his staff assigned me to a table directly opposite the free lunch buffet of hot dogs, pretzels and potato chips. He said that "We should have asked you what to serve!"

That recognition of our expertise is why the LVDA displays at similar events put on by state Legislators in East Central PA.

## Confessions of a Lehigh Valley Dietitian



More Lunch, from page 5

### **Favorite not-so-famous chef**

Natalie Miller! Natalie works with me at ShopRite as our beer/wine manager (which

should say enough about why she's my favorite) but she's also our Culinary Workshop chef and performs many culinary experiences with me! When we get together, it's like a volcano! Recipe and meal ideas will just flow out of us and we explode with enthusiasm and eagerness to perform and educate others

in our community and in-store events! Natalie will even surprise me with some of her famous beer cheese, beer bacon marmalade, harvest vegetable medley, and so much more! I can't say enough about this special gem I have the privilege

See Confessions, page 8



# No More Gerrymandering

## Legislative Redistricting Reform

**Janet K. Little, MPH, RD, LDN,  
Past Public Policy Chair, LVDA**

Polarization, unopposed candidates, oddly shaped Legislative districts that split municipal boundaries, disenfranchised voters. How did this happen? Gerrymandering.

The Boston Gazette on 26 March 1812 coined the word “Gerry-mander” on March 2, 1812 in reaction to a redrawing of Massachusetts’ state senate election districts under Governor Elbridge Gerry. Governor Gerry had just signed a bill that redistricted Massachusetts to benefit his Democratic-Republican Party.

How did this continue to happen not only in Massachusetts but nationwide? Although every state is constitutionally required to undergo redistricting using data from the recent decennial census, not every state completes the process the same way.

*Changes in population are the main reasons to redraw leg-*

*islative districts. Although the 2010 census showed that PA had not increased in total population, the distribution of the 13 million residents had changed considerably.*

*The western part of the state lost population, resulting in Pittsburgh losing a state house seat. The population in counties in east central PA increased by 10%; many incoming residents were from New Jersey and New York. Forest County’s population increased*

*by 150% after a state prison was built and opened. South central PA has become a bedroom community for Baltimore. Philadelphia’s population increased for the first time since 1950. While some state house members in the east had more*

*residents to represent, those in western PA had fewer. Legislative boundaries were bound to change so every state and federal legislator represented*



Above, a public meeting held in Allentown, PA by Fair Districts PA on Friday evening, January 26, 2017 attracted more than 350 people. Two days earlier, 800 people attended a similar meeting held at a church in Center City Philadelphia.

*roughly the same number of residents.*

However, in PA and other states, evidence abounds that boundaries were also gerrymandered to include like-minded

See Gerrymander, page 9



**Allie Sodl,  
MS, RD, LDN**

Did you know the LVDA offers a book donation program to our area libraries? If any library in our district chooses to purchase a book from the Academy’s Good

## Nutrition Education to the Public

Nutrition Reading List, LVDA will reimburse them up to \$20.00. Recently the Southern Lehigh Library took advantage of the program and purchased “The Picky Eater Project: 6 Weeks to Happier, Healthier Family Mealtimes” and “Blood Pressure Down: The 10-Step Plan to

Lower Your Blood Pressure in 4 Weeks-Without Prescription Drugs”. So spread the word to your public library!

Also, LVDA will be participating in upcoming legislative fairs. If you are interested in volunteering please email me at [ams2127@gmail.com](mailto:ams2127@gmail.com).



## Hidden Gems in the Grocery Store: A Networking Community Event for Registered Dietitians

APRIL 11, 2018 // 6:00-7:30 PM

Join us for a FREE nutrition-focused store tour at the ShopRite of Bethlehem!

Registered dietitians don't have time to wander up and down grocery store aisles, reading hundreds of nutrition facts labels to find the best choices for clients. Dietetic intern Melissa Rolwood will make it quick and easy for you to find healthier products that your clients can enjoy as they stay on track with their nutrition goals. Melissa will lead you and other dietitians through ShopRite, pointing out healthy hidden gems in the aisles. After the store tour, head to the café to network with RDs and enjoy delicious recipes made by our ShopRite chef!



Tour the grocery store with dietetic intern Melissa Rolwood

Discover products to recommend to clients and patients

Network with RDs and dietetic interns

Enjoy free samples of healthier products

Space is limited, so call or email to sign up today!

### SHOPRITE OF BETHLEHEM

4701 Freemansburg Ave,  
Easton, PA 18045  
610-865-2439 ext. 3001  
mrolwoo@cedarcrest.edu

## LVDA Social Events

Looking to network with other RDs in our district? Need a night out with your peers?



The LVDA will be hosting pop-up social events throughout the district. We'll select the place, date and time. You show up with your RD friends, and have a good time.

Look for our postings via email, website and social media.

# More Confessions of an LV Dietitian

Confessions, from page 6 to work with at ShopRite!

## What did you pack for lunch today?

Why pack when I work in a grocery store! There is 65,000 square feet of items to choose from each day so I never get

bored of the same meal and I get to try new products. My picks range from items that I discover in the aisles, dietitian-approved products that I worked with other departments to order in, and my favorite, healthier meal options from our ShopRite Kitchen team that I helped to develop. Today though, I chose to go with a new item called

Kala Beautiful Beans (Sea Salt & Vinegar Crunch) paired with a fresh Circle M (local Farm) Peach and Siggys Icelandic Vanilla Yogurt.

### Disclaimer

*The views expressed in this work are those of the author's and do not reflect the official position of the LVDA.*

*The LVDA has no affiliation or financial interest/relationships with any corporate organization that may be mentioned in this offering.*





# CMS Long-Term Care Rule Change

The PA Academy of Nutrition and Dietetics is pleased to announce that the CMS Long Term Rule Change regarding delegated dietitian diet order writing has been approved for implementation in LTC facilities in Pennsylvania.

Our partners, the Pennsylvania Board of Nursing, the Pennsylvania Medical Society, the Hospital and Healthsystem Association of Pennsylvania, and the Pennsylvania Department of Health, Division of Nursing Care Facilities are in support of the rule change.

The CMS rule states:

A resident's attending physician may delegate the task of writing dietary orders, consistent with

Section 483.60, to a qualified dietitian or other clinically qualified nutrition professional who:

(i) Is acting within the scope of practice as defined by State law; and (ii) Is under the supervision of the physician.

In order to implement this in each facility, the facility dietitian must work with her/his leadership team to educate and obtain facility level approval. To assist in this process, the PAND LTC Task Force is finalizing a tool kit. The tool kit will be available to members via download from the PAND website at no charge. Non-members of PAND will have access to this tool kit for a nominal charge of \$25.

The tool kit will be available for download by June 15, 2017. We will send a message to all members when the tool kit is available.

**Shawnee Kelly, MS, RD, LDN**  
- Current President - PA Academy of Nutrition and Dietetics

**Julie Charnosky, MS, RD, LDN**  
- Immediate Past President - PA Academy of Nutrition and Dietetics

**Meg Rowe, MS, RD, LDN, FAND**  
- LTC Task Force Coordinator - PA Academy of Nutrition and Dietetics



# Getting rid of Gerrymandering

Gerrymander, from page 7

voters to guarantee the outcome of elections. How?

Through the years, a more sophisticated computer-based process has been used to redraw state and federal legislative districts the year after the once-a-decade federal census. As a result, legislative districts are packed with voters from the same party. Other communities where residents have a lot in common are split to reduce the power of the residents. Even though they shouldn't be, it is easy to split municipalities. Compared to other states, Pennsylvania and Illinois have the most municipalities. Unique to 2011 was the Republican Party's REDMAP initiative that included Pennsylvania in its multi-state effort to redraw dis-

tricts favorable to that party. This was due in part to the Commonwealth's status as a swing state. In 2021, both parties will focus on PA in an effort to redraw the map to their benefit.

There is evidence that due to gerrymandering, the outcome of elections is guaranteed and the political party stays in control.

Today, voters are more likely to vote using a straight ticket, making even more likely that the party dominating a given voting district will hold onto that seat. One outcome in Election 2016 in Pennsylvania is that half of the state legislators running for re-election ran completely unopposed. This means that no one from their own party opposed them in the Primary in the spring and no one from the opposing

party ran against them in the General Election in the fall.

This makes it impossible to vote for any candidate from an opposing party. Also, when a candidate is virtually guaranteed a victory, he or she does not have to consider opposing views, voters' views or, many feel, anyone other than interests that financed the campaign. During the campaign, there is no need to participate in a candidate forum or debate because there is no opposition. So, by the time this officeholder joins others in Washington or Harrisburg, the aisle dividing the two parties has become wider. Legislation is less likely to be passed.

The tide is turning against gerrymandering. Citizens now

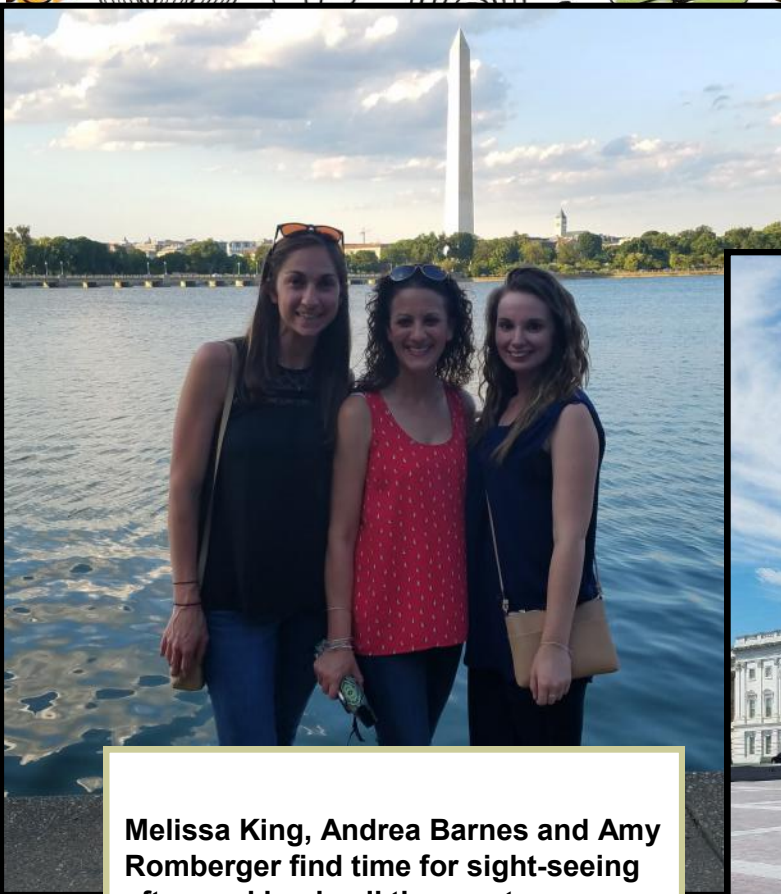
See Gerrymandering, page 15



**Melissa King, Susan Adams, Andrea Barnes, and Amy Romberger at the first day of PPW before charging the hill in Washington, D.C.**



**Melissa King, Andrea Barnes, and Amy Romberger outside Senator Casey's office after a successful visit with his staff.**



**Melissa King, Andrea Barnes and Amy Romberger find time for sight-seeing after soaking in all the great information from PPW 2017.**



**LVDA board members Melissa King, Andrea Barnes, and Amy Romberger stop to pose outside the Capitol during their visits with federal legislators.**



**Cedar Crest College Student Erin Clarke represented the LVDA at Rep. Joseph Emerick's Senior Fair in Forks Township.**



**PAND members attend the 2017 Public Policy Workshop in Washington D.C. and get empowered to visit with federal legislators on Capitol Hill.**



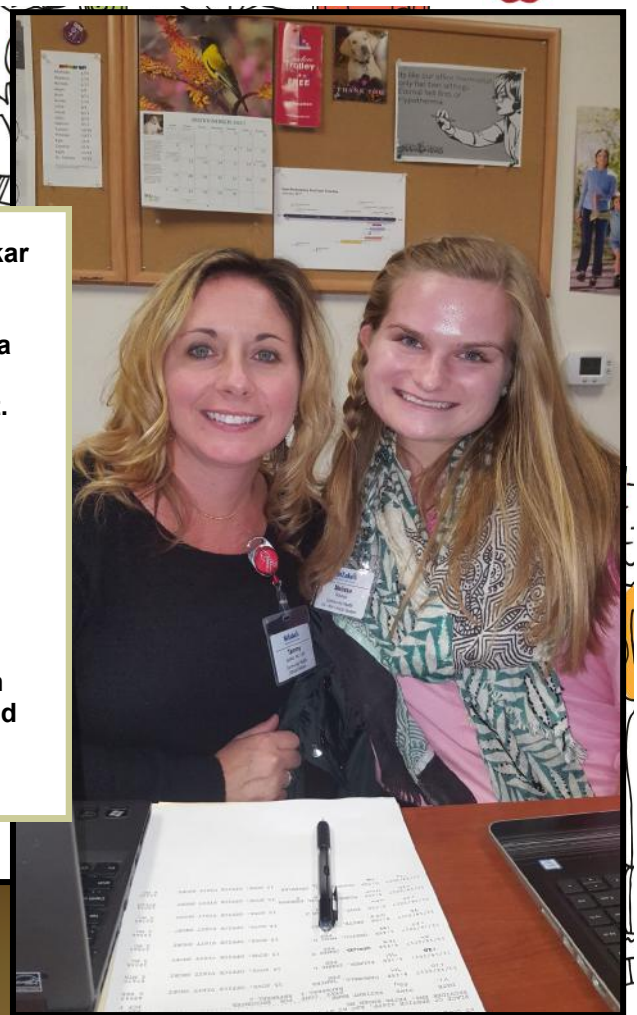
**Returning LVDA member Emily Wunder spends time reading to children at the Muhlenberg Public Library and educating them about eating fruits and vegetables.**





**LVDA award winners David Hersh and Amy Romberger proudly display their achievements at AME 2017.**

**Tammy Zalokar RD, LDN and Cedar Crest intern Melissa Rolwood working at St. Luke's Community Health and Preventative Medicine Department. Melissa is gaining experience in outpatient and public health disciplines.**

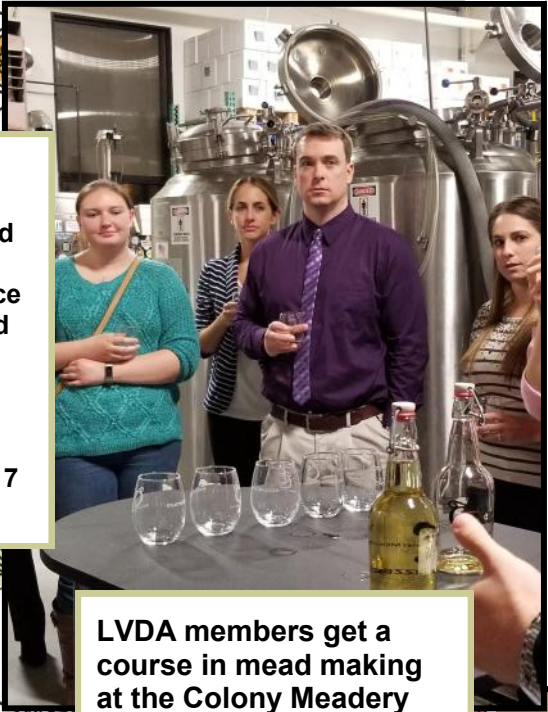


**LVDA President-Elect Amy Romberger and Morrison Healthcare Executive Chef Martin Estevez at a cooking demo for World Diabetes Day on November 14th, 2017. Chef Martin prepared a delicious Banza pasta and vegetable dish while Amy helped sell raffle tickets for a bountiful wellness basket. All of proceeds from the raffle were donated to the Diabetes Research Institute.**

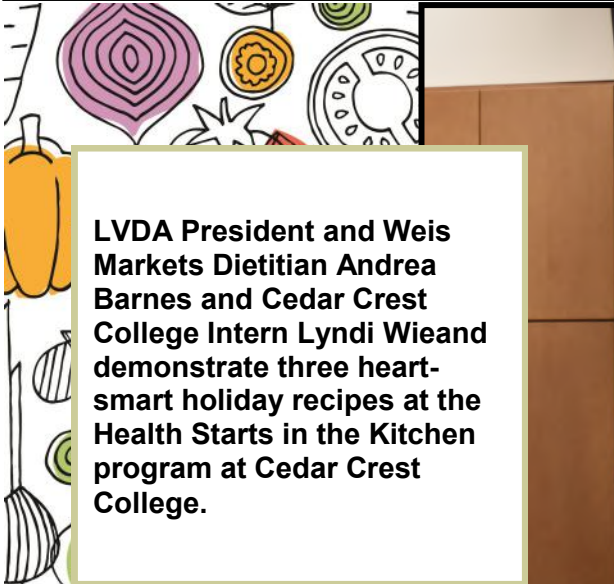




**LVDA members Martine Scannavino, David Hersh, Amy Romberger, Denice Ferko-Adams, and Andrea Barnes pose for a photo with former AND President Lucille Beseler at the 2017 PAND AME.**



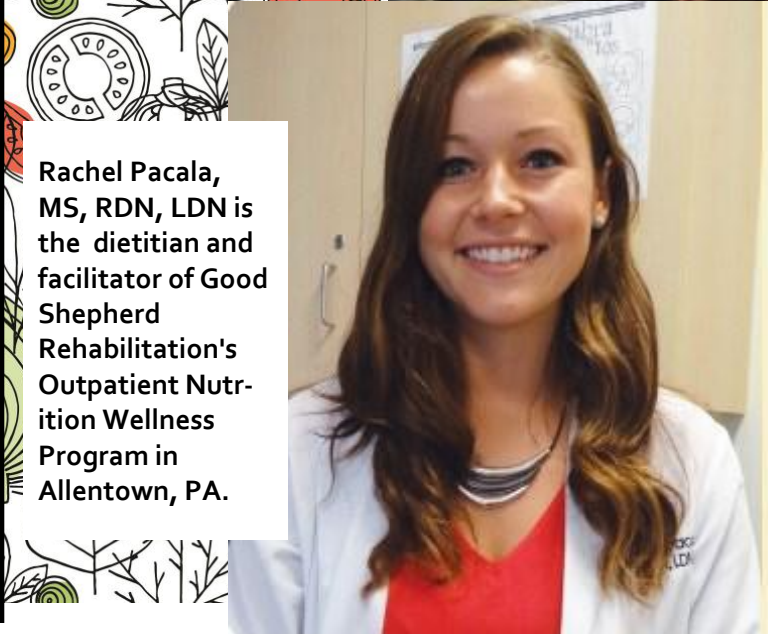
**LVDA members get a course in mead making at the Colony Meadery from CEO Greg Heller-LaBelle.**



**LVDA President and Weis Markets Dietitian Andrea Barnes and Cedar Crest College Intern Lyndi Wieand demonstrate three heart-smart holiday recipes at the Health Starts in the Kitchen program at Cedar Crest College.**



**LVDA members enjoy a mead tasting at the Colony Meadery before a board meeting.**



**Rachel Pacala, MS, RDN, LDN is the dietitian and facilitator of Good Shepherd Rehabilitation's Outpatient Nutrition Wellness Program in Allentown, PA.**



## Pennsylvania Academy of Nutrition and Dietetics Annual Awards

*The deadline to apply for the following PAND awards is 1/11/18.*

- ◆ Outstanding Dietitian of the Year
  - ◆ Keystone Award
  - ◆ Emerging Leader Award
- ◆ Outstanding Young Dietitian
- ◆ Outstanding Student of the Year

Contact Mindy Manuel, MS, RD LDN  
lvdanominating@gmail.com  
for application details.



**Lehigh Valley  
Dietetic Association**  
*Eat Right Lehigh Valley*

## Book Donation Program!

### Easy as 1, 2, 3

1. Choose any book(s) from the "Good Nutrition Reading List"
2. Email Allie at [ams2127@gmail.com](mailto:ams2127@gmail.com) the book(s) you chose and the cost of each book
3. Your organization will be reimbursed up to **\$20.00** for the book(s) ordered!



## Calling All Students!



Amy Romberger, RD, LDN/  
LVDA President-Elect

The LVDA values our impact on the future leaders of our profession. We strive to provide character and career building experiences to student members. In an effort to better serve the student membership, the LVDA is happy to share our plans to initiate a mentorship program.

This program will award students the opportunity to find a professional mentor, participate in career-building activities, and develop leadership skills to excel in all areas of dietetics.

The LVDA Mentorship Program is anticipated to launch in 2018. If you are interested in becoming a mentor, finding a mentor, or being a part of the construction of this program contact Amy Romberger at [aeromber@gmail.com](mailto:aeromber@gmail.com).



# Public Policy Update



**Andrea Barnes, MS, RD, LDN, FAND/LVDA President**

Over the next few months the LVDA will be visiting all of our local legislators and we need your help, as constituents, to make those visits successful.

It is important that we promote our profession by visit-

ing these governmental leaders and providing them with valuable information about our expertise, so we may gain their support on important issues that affect our roles as practitioners.

Appointments will be made with legislators in all six of the counties that make up our district. Members will be notified by email when the appointments are made, and we'll be asking for constituent volunteers to join us at those visits.

If you are eager to participate, but are unable to attend a visit, you can still do your part by sending us your bio to

include in your legislator's leave-behind packet. This allows legislators an insight into the roles we play as registered dietitians.

Additionally, we ask you to continue to go to the Academy website and respond to the action alerts, asking for support.

The LVDA is in need of a public policy coordinator, or co-chairs. If you're interested in learning more about this position, please contact Andrea Barnes via email at [lvdapres@gmail.com](mailto:lvdapres@gmail.com).

## Gerrymandering

Gerrymandering,  
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and census data and can challenge the Commission's map with one of their own at a public hearing. In 2011, a famous incident in Allentown, Pennsylvania involving a first ever map for the entire state developed and presented by a citizen named Amanda Holt made national news. Look for many more such citizen rebuttals in 2021.

But, how can we have an appropriately redrawn map to begin with? Good government proponents advocate for independent redistricting commissions. Many people misunderstand the word "independent" as not having political views or membership.

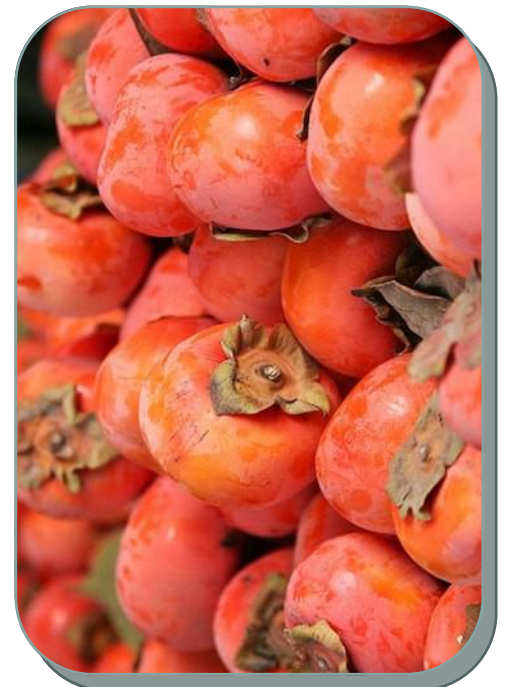
Instead, "independent" means that citizens, not sitting legislators, on the commission should belong to both major parties and also independent parties.

That said, given that audiences numbering 200 to 1,000 Pennsylvanians have been attending public meetings this year to learn about redistricting reform and how to support the bills that are currently in both chambers in Harrisburg, there has never been a better time to try.

None of this should deter LVDA members from meeting with our Congressmen or state representatives and senators. It hasn't stopped our opponents from doing so. It hasn't stopped the citizens who meet up for "Tuesdays with Toomey" at his office in Allentown. If legislators

don't hear from us, they don't think we care.

Please continue to respond to action alerts asking for their support of major bills in Congress.





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