



# PHILLY AND

PHILADELPHIA ACADEMY OF NUTRITION AND DIETETICS

EMPOWERING PHILADELPHIA'S  
FOOD & NUTRITION LEADERS  
JOIN TODAY!

## President's Message

A Note from Nikita Grove, RDN, LDN  
President of Philly AND 2020-2021

Hi Philly AND members!

First, I'd like to introduce myself as the new Philly AND President! My name is Nikita Grove and I am a Retail Dietitian with the McMenamin Family ShopRites located in the far Northeast of Philadelphia. I work closely with our customers, community partners and food vendors to deliver bites of nutrition!

As we endure a pandemic and social justice movement, I am here to provide support, resources and most importantly, a safe space for listening and learning as we grow through this journey together.

During these unprecedented times, we have seen an upward trend in consumers becoming more mindful of their overall health and wellness. Now more than ever our field demonstrates the importance of preventative healthcare and it is important for us to take a leading stance in these opportunities to serve our communities.

One of the initiatives I plan to lead includes greater accessibility of nutrition in our communities by strengthening our network and cultivating partnerships in our surrounding communities. Following our Immediate Past President's initiatives, I plan to continue the Buddy Program which connects seasoned dietitians with entry level dietitians. In continuation of this program, I will work to create stronger bonds on our social platforms to better serve our members to support stronger networks.

The first quarter of this year we successfully held virtual presentations providing continuing education and celebrated RD day at Farmer's Keep with the signed Proclamation! We look forward to hosting more events for this upcoming year so please be sure to fill out our Member Survey event - coming to your inbox soon!

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I am honored and excited to work alongside our dedicated board members and look forward to representing this district for this upcoming year!

AME 2020 is now available here: <https://eatrightpa.org/ame-2020/>  
Follow us for more updates, resources, events and learn how to get involved!

**Instagram:** eatrightPhiladelphia

**Facebook:** Philadelphia Academy of Nutrition and Dietetics

Your voice matters in supporting the Dietitian Nutritionist Bill (HB 1802). Don't forget to reach out to your legislator which can be found here: <https://www.legis.state.pa.us/cfdocs/legis/home/findyourlegislator/#address>

Wishing you all a safe, healthy and relaxing summer!

Nikita Grove, RDN, LDN, President, Philly AND

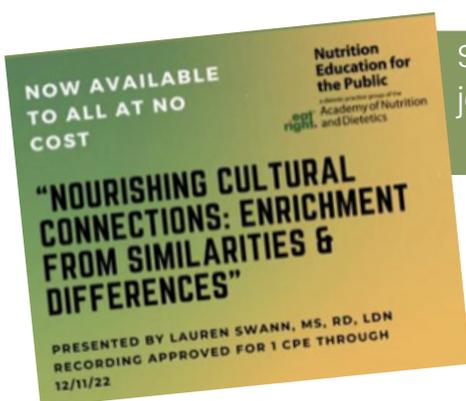
**We are looking to better connect our members...**

**TAKE THIS SURVEY TO HELP IMPROVE YOUR EXPERIENCE!**

## PHILLYAND STANDS WITH ALL BLACK, INDIGENOUS, & PEOPLE OF COLOR (BIPOC)

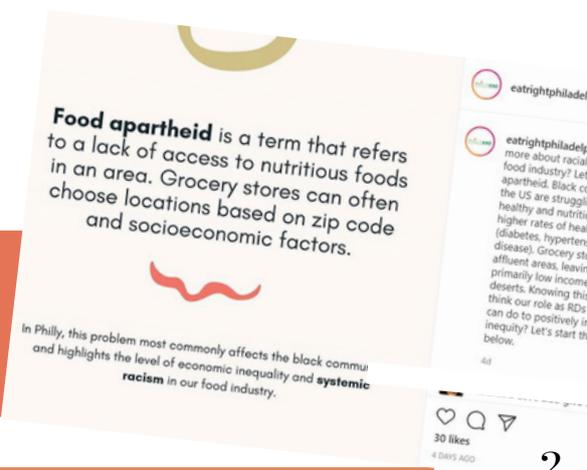
Systemic racism is not acceptable. We are committed to diversity, inclusion, and equality. We hear you, we stand with you, and we are ready to make changes. Together we are stronger and we are fully committed to accepting this social responsibility to better serve our members and community.

Please feel free to contact us with any concerns, comments, or questions. We're here to listen, learn, and take action!



Start your learning journey now (and for free!)

Join the conversation on Instagram & stay tuned for more!  
[@eatrightphiladelphia](https://www.instagram.com/eatrightphiladelphia)





# Let's talk covid-19

## AND THE NEW NORMAL FOR MANY DIETITIANS



### **CLAUDIA HLEAP RD, LDN- INPATIENT/OUTPATIENT DIETITIAN**

- As an outpatient dietitian at Jefferson Northeast, I've had to rapidly make the transition to telehealth. It's been an expedited transition and has taken a lot of collaborating with IT and calling insurance companies to determine coverage for various insurances. Fortunately, we were able to make this shift and have been able to support our patients virtually for the time being. The most difficult adjustment in all this was determining coverage for patients. Many insurances are still not supporting virtual nutrition counseling at this time.
- As an inpatient dietitian, I've been doing my best to limit my exposure to COVID-19 patients. The increased ICU admissions have called for more tube feeding recommendations. There have been many COVID-19-specific nutrition related concerns, which has led us to evaluate the research coming out regarding how to best support these patients. Overall, it's been a big learning experience, but my hospital and the other dietitians I work with have adjusted quickly to the increased demands from this pandemic.

### **AMY LAESSIG RD, LDN - PRIVATE PRACTICE DIETITIAN**

- The global COVID-19 pandemic completely changed the way I work. After hearing of the quarantine stay at home order, I had to quickly assess what work would look like moving forward. I currently work for a private practice doctors office called Newtown Internal Medicine. We focus on a personalized holistic, functional approach to health looking towards the root cause of symptoms and creating a focus on prevention. Typically, I see several patients a day in our office for one on one counseling. Upon the stay at home order, I changed all my patient appointments to telehealth video appointments through a HIPAA compliant video app platform. I had to inform many patients how to sign up for this app in order to move forward with our sessions. The patients who did not have video capabilities were set up with telephone appointments instead. I had never conducted a telehealth appointment before so it was a big adjustment, but I saw several benefits come from these sessions. One benefit of course was that both the patient and practitioner could stay safe in our homes. Another benefit was that more patients were willing to keep appointments because of the convenience of at home video appointments. With so many changes in schedules and food availability, I wanted to check in now more than ever to see how my patients were doing and offer guidance and support with diet, nutrition and lifestyle. Of course there were technical difficulties and internet issues but overall the telehealth experience was a very beneficial option. It allowed me to continue to help others the best I could during the pandemic.

### **BECKY WOJCIK, MA, RD, LDN - WEST CHESTER DIETETIC INTERNSHIP DIRECTOR**

- As a Dietetic Internship Director for West Chester University of PA, we made a great deal of changes to the spring of 2020 to ensure students still meet the ACEND competencies and supervised practice hours. Students and educators were flexible and adapted well to the online/remote environment for the foodservice management rotation that was unable to



be completed in-person due to the COVID-19 pandemic. Internships and FEM programs across the country will likely look very different this upcoming year and we hope that all preceptors, interns and educators can still be accommodating and flexible to the new environment.

## JENNA DEMIRJIAN, RD, LDN - SNAP-ED

- We are a SNAP-Ed program serving schools in the Philadelphia School District. We are funded through the USDA SNAP Education Program and strive to educate SNAP recipients on how to make healthy choices with their SNAP dollars. Due to the high poverty level in Philadelphia overall, all schools in the district are eligible for the program. We consist of 7 Community Partners (including the School District of Philadelphia) that deliver the program to different schools with the same goals and objectives and following the same grant guidelines. Since the closure we continue to provide support to our schools in the following ways..
  - **Instructional Materials for Teachers** - We converted our great lessons to digital format so that teachers can access and utilize with their virtual instruction. Our team of educators also visit google meet sessions to present lessons or read nutrition related stories to students
  - **Parent/Caregiver lessons** - Pre-recorded or live virtual demos for parents and caregivers available.
  - **Weekly E-Newsletter with Resources/Tips** - Includes delicious, easy-to-make recipes, tips for staying healthy and active, as well as where to find healthy food resources for everyone
  - **#MyHealthyChoice Social Media Campaign** - We have recently kicked off a My Healthy Choice Social media campaign. We are posting daily and currently sharing what our team is doing at home to stay well! We are inviting schools (staff and families) to tag us and share what they are doing to keep healthy while staying home.
- Please follow us and have our social media handles! Instagram: @eatrightphilly\_sdp Twitter: @eatrightphl\_sdp

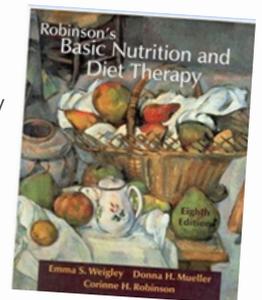


## An Obituary for Emma Weigley, MS, RDN, LDN, PhD

Submitted by Eileen M. Chopnick, MBA, RDN, LDN, FAND

Our profession has lost a leader as a result of complications of the novel coronavirus.

Those in the Philadelphia area may be most familiar with the physical presence of Dr. Weigley, but the world used her basic nutrition textbook and read her peer reviewed articles. An article born from Dr. Weigley's curiosity from teaching at the University of Pennsylvania School of Nursing is a research article published in the Journal of the American Dietetic Association entitled "What Do Nurses Need to Know about Nutrition: Not What Dietitians think Nurses Need to Know." Dr. Weigley presented these findings at a local DVCSNE (Delaware Valley Chapter Society for Nutrition Education) where those in attendance could appreciate her wit and sense of humor. She was active locally and nationally with many publications, among them a nutrition textbook and a well-regarded book-length biography of Sarah Tyson Rorer, who is often considered to be America's first dietitian.



As we read about Dr. Weigley and her professional accomplishments, I would like to share that I personally visited Emma before the closures to guests at her Rehabilitation and Healthcare facility and she was as gracious as ever and a good conversationalist. As I reported to the staff upon leaving, they had no idea of these accomplishments—she was so modest. One staff member said they wanted to cry after hearing all her contributions to the nursing profession. Another staff asked if they could give me a hug. Dr. Weigley's children wrote to me sharing (in part) the following:

"For the past year Mom had been living at a nursing home in South Philadelphia, where she seemed happy and content. Like so many nursing homes around the country, though, this one has been overtaken with a COVID-19 outbreak, and mom died from the coronavirus. Quarantine made it impossible for us to visit mom in her final days. However, we have been told that she was in good spirits in the days leading up to her passing and at peace when she passed."

For the full obituary please see:

<http://www.loganfuneralhomes.com/obituary/Emma-Weigley>.



congrats  
**ARIEL  
GEHRINGER**

Recipient of the 2019-2020  
PhillyAND \$500 Student  
Scholarship!



PhillyAND cares about you!  
We encourage all members to voice their  
questions/concerns and ideas  
to us by reaching  
out via email.

**WANT TO WRITE OUR  
NEXT SPOTLIGHT  
ARTICLE? EMAIL  
SUBMISSIONS TO  
EDEMING8@GMAIL.COM  
BEFORE 9/31/20!**

**virtual AME 2020**

only \$69.99  
stay tuned for the release!

**Want to be out Public Policy Coordinator  
Elect? Contact [Rwojcik@wcupa.edu](mailto:Rwojcik@wcupa.edu)**

**HAVE A GREAT SUMMER!**



## Meet Your 2020-2021 Board

President - Nikita Grove

President Elect - Rachel Lee

Past President - Rebecca Boova

Secretary - Anita Anim

Treasurer - Matthew Whipple

Council on Practice Chair -  
Phyllis LoDuca

Council on Practice Chair Elect  
- Het Desai

Nominating Chair - Becky  
Wojcik

Nominating Chair Elect-  
Talia Follador

Public Policy Coordinator -  
Emma Leister

Public Policy Coordinator Elect -  
TBD

Membership Chair - Claudia  
Hleap

Membership Chair Elect -  
Rebecca Brossman

Social Media Representative -  
Aubrey Redd

Public Relations Chair - Emily  
Ruben

Scholarship Chair - Julia Rovera

Career Guidance Coordinator -  
Gabe Longo

Student Rep - LaToya Johnson, Lis  
Klonsinski & Kristina  
Thromopoulos

Delegate - Zachari Breeding

Newsletter Chair - Elise Deming



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<http://eatrightphiladelphia.org/>