



EMPOWERING PHILADELPHIA'S
FOOD & NUTRITION LEADERS
JOIN TODAY!

President's Message

A Note from Rebecca Bova, RD, LDN
President of Philly AND 2019-2020

Greetings, Philly AND!

Happy National Nutrition Month! Whatever activities you may have planned to celebrate our profession and spread awareness to the coworkers, patients, and the community, be sure to tag @eatrightphiladelphia so we can feature your creativity on our social media pages! If you are still unsure how to promote National Nutrition Month, check out the tool kit provided on eatrightpro.org. The tool kit includes social media postings, tip sheets and handouts, games and activities, press releases and other planning materials. As dietitians we promote nutrition on a daily basis, but this month provides an opportunity to highlight our profession and the health impact of a nutritionally sound diet at a local, state and national level!

This month, Philly AND will be sponsoring a few events in honor of National Nutrition Month. On Wednesday, March 11th, we are hosting an RD Day Happy Hour at Farmer's Keep from 6-8pm. There will be light appetizers provided and a cash bar. This event is free for members and \$10 for non-members (fee includes Philly AND membership for the remainder of the 2019-2020 year). RSVP is appreciated through our website (eatrightphiladelphia.org). We will also be volunteering at Philabundance on Sunday, March 22nd from 3-5:30pm at the Hub of Hope. Space is limited, so please sign-up in advance on our website.

In licensure news, it is now time for the next step in moving forward with HB 1802, also known as the "Dietitian-Nutritionist Bill." This is extremely time sensitive and we need action from each and every one of you for this to be successful. The bill is currently still with the Professional Licensure Committee of the Pennsylvania House of Representatives. In order for it to move forward we need support from all 25 committee members. Without their support, the bill will die. Please call, email or meet with your Representative and encourage

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them to support HB 1802. Keep an eye out for an email from the PAND Public Policy Coordinator, Sam Calderone, on contact information for your Representative and talking points to discuss.

Finally, we are now recruiting new board members for the 2020-2021 member year! Open positions include: president-elect, treasurer, council on practice chair, council on practice chair-elect, nominating chair-elect, public policy coordinator, public policy coordinator-elect, membership chair-elect, social media chair, public relations chair, scholarship chair, career guidance coordinator, student representatives. If interested, please email our Nominating Chair, Kate Huffman (khuffman@vt.edu) for more information and application instructions.

Thank you for all you do as dietitians in the Philadelphia area! Stay tuned for other Philly AND events this spring!

Rebecca Boova, RD, LDN, President, Philly AND

We Got Out National Nutrition Month Proclamation!



Upcoming Events You Won't Want to Miss!

Register for our events! A great way to network and meet fellow RD's and new foodie friends! We'd love to see you there!

In honor of
National Nutrition Month!

volunteer with
Philly AND!

Sunday March 22, 2020 - 3:00pm-5:30pm
Philabundance Hub of Hope Dinner Meal Service
1401 JFK Blvd
Philadelphia, PA 19102

Registration required - www.eatrightphiladelphia.org/events

**CELEBRATE RD
DAY WITH
PHILLY AND!**

WHERE: FARMER'S KEEP
10 S. 20TH ST
PHILADELPHIA, PA 19103

WHEN: WEDNESDAY, MARCH 11TH
6:00-8:00 PM

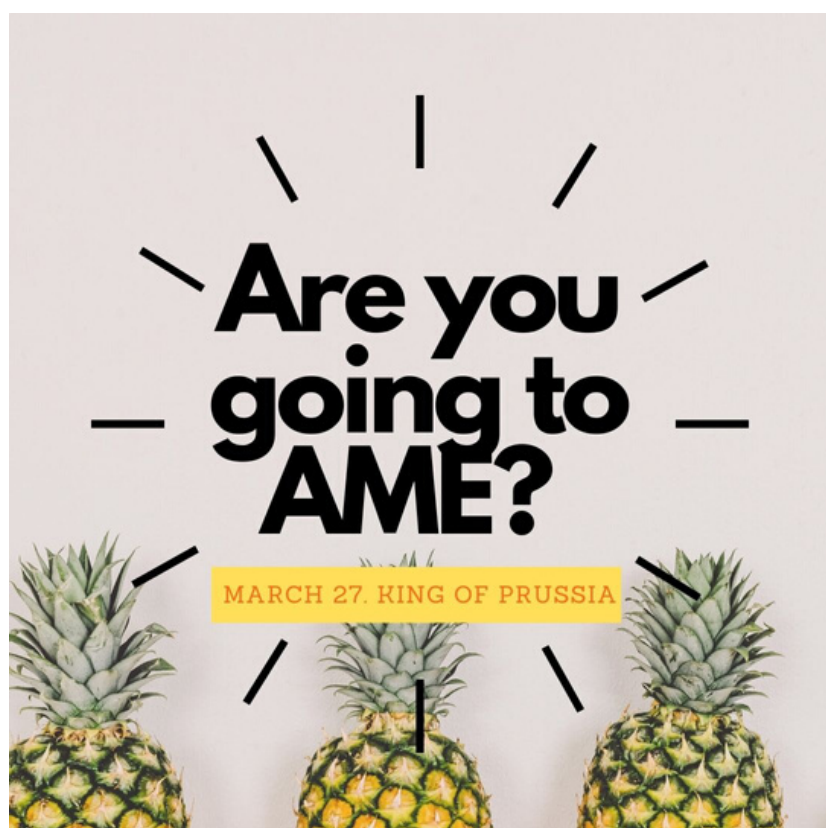
MEMBERS: FREE!
NON-MEMBERS: \$10 FOR ENTRY AND
AUTOMATIC PHILLY AND MEMBERSHIP
UNTIL JUNE 1, 2020.

CASH BAR
APPETIZERS WILL BE PROVIDED





Don't Forget to Register for PAND AME 2020!



*join the philly
ACND board!*

OPEN POSITIONS:

- President-elect
- Treasurer
- Council on practice chair
- Council on practice chair-elect
- Nominating chair-elect
- Public policy coordinator
- Public policy coordinator-elect
- Membership chair-elect
- Social media chair
- Public relations chair
- Scholarship chair
- Career guidance coordinator
- Student representatives

If interested, please email our Nominating Chair, Kate Huffman (khuffman@vt.edu) for more information and application instructions.

Don't Forget! March is....

**NATIONAL
NUTRITION
MONTH!**

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

 Academy of Nutrition
and Dietetics



We've all
been there!

A DAY IN THE LIFE OF A DIETETIC INTERN

**Introducing WCU Dietetic Interns:
Katie Graham and Kennedy Alexander!**



Katie is originally from the Eastern Shore of Maryland and has been looking forward to being a dietetic intern since her undergraduate time at West Chester University. Katie completed her bachelor's in Nutrition and Dietetics through West Chester University in 2017 and completed her masters in Community Nutrition at WCU in 2019. During school, Katie worked for DaVita Dialysis and helped with faculty research as a Graduate Assistant. Katie never imagined herself completing a distance dietetic internship, but has been so happy with her experience since beginning the program in September of 2019. The West Chester University Distance Dietetic Internship has fulfilled so many of Katie's expectations and provided her with experiences she had not even imagined. So far she has had six different preceptors and attended sites ranging from rural Maryland to Philadelphia to Reading, Pennsylvania.

Kennedy was born and raised in Hatfield, Pennsylvania and is currently completing a Post-Master's Dietetic Internship Certificate through West Chester University (WCU). She began her distance internship after completing the Masters of Science in Community Nutrition (MSCN) program at WCU. During her master's program she worked for the Philadelphia Women, Infant, and Children's (WIC) Program as a Nutritionist. Working at WIC was her first job experience, so she had no clue what to expect going into her internship! However, Kennedy has been very fortunate to have completed 7 successful months of her internship while learning so much about the role of a dietitian in the clinical inpatient/outpatient and community settings so far and with only the foodservice management rotation left to complete. She has three amazing and passionate preceptors within the Doylestown and Lansdale area.



So, what is an average day as a West Chester University Dietetic Intern at Katie and Kennedy's current intern rotations?

katie

Currently Katie is completing her clinical II outpatient rotation which is split between a pediatric feeding disorder clinic at EBS in West Chester and a nonprofit primary care clinic, Philly FIGHT, serving a large population of individuals diagnosed with HIV.

On a typical day she wakes up around 6:00 am to get ready and heads to the train station for a slightly long commute from West Chester to Center City, Philadelphia. While on the train she often listens to Jean Inman's RD exam prep recordings.

Once at the clinic, she meets up with her preceptor to touch base and get a plan for the day. They attend the team huddle with other clinic professionals to go over that morning's patients, then they hit the ground running meeting with a variety of patients who are living with HIV. Most are looking for assistance with weight loss, diabetes management, or in some cases unintentional weight loss.

For Katie, lunch is a salad and it is a 'working' lunch. While eating, Katie takes time to check her email for updates from her Dietetic Internship Director or the rotation class professor. Katie also discusses projects and case study ideas with her preceptor, brainstorming for group education classes. Katie's favorite part of the internship thus far has been interacting with and educating patients.

kennedy

Similar to Katie, Kennedy is also completing her clinical II outpatient rotation, but every day she reports to an outpatient office in Doylestown, PA that covers personalized nutrition, weight management, food allergies/intolerances, gastrointestinal disorders, medical nutrition therapy, and much more!

On a typical day, her alarm goes off around 8:00 am and she jumps out of bed to get ready. Her report time changes every day because the schedule is flexible and revolves around the patients.

When she arrives at the office she checks emails, voicemails, the calendar, and answers phone calls to deal with cancellations, new appointments, or requests. She works with patients to schedule and confirm cancellations and creates charts for new patients. Kennedy then collaborates with her preceptor about the day's agenda. Days are filled with taking ADIME notes on patients, developing potential projects and educational handouts, or providing nutrition education to patients.

Kennedy also deals with insurance claims and billing questions - something she never expected to learn! Kennedy's favorite thing so far during the internship is being able to effectively apply hands-on knowledge learned from undergraduate and graduate classes in the real world, versus a made up case study given utilized in class.



Not only do Katie and Kennedy complete around 40 hours per week at their internship rotations over 10 months, but they also complete graduate level courses intertwined throughout the internship. On Monday evenings, they both get home by 7pm to log on for their weekly virtual class with other WCU dietetic interns and their Clinical II professor. Being able to chat with other interns and hear about their experiences provides Katie and Kennedy with support and ideas to utilize at their rotations.



Being an intern is a challenging time full of growth and learning, but dietetic interns would be nothing without their amazing preceptors. Here are some tips for preceptors that Katie and Kennedy gathered to share:

- Set goals, priorities, and expectations for the rotation at the beginning.
- Establish an open and supportive relationship.
- Introduce the intern to your colleagues and staff.
- Communicate: always share your thoughts about different cases and the steps that brought you to your final decision. As an RD in the field some decisions may seem like common sense, but this information is usually very valuable to an intern as they are still learning.
- Provide positive criticism and helpful feedback.
- Share your excitement for the dietetic career path.
- Lastly, don't forget to share small details like where to park, lunch, and where the bathroom is!

Thank you to all the preceptors who support dietetic interns. Without you, we can't become the future of the profession.

Want to write our next spotlight article? Email submissions to edeming8@gmail.com before 5/1/20!



HAVE A GREAT SPRING!



Meet Your 2019-2020 Board

President - Rebecca Boova

President Elect - Nikita Grove

Immediate Past Chair - Ha Nguyen

Secretary - Anita Anim

Treasurer - Samantha Beaino

Council on Practice Chair - Amy Coughlin

Council on Practice Chair Elect
- Corinne Ellis

Nominating Chair - Katherine Huffman

Nominating Chair Elect -
Becky Wojcik

Public Policy Coordinator -
Audrey Foster

Public Policy Coordinator Elect -
Laura Yatvin

Membership Chair - Autumn Limegrover

Membership Chair Elect -
Claudia Hleap

Social Media Representative -
Sarah Nash

Public Relations Chair -
Marjorie Nolan Cohen & Emily Rubin

Scholarship Chair - Susan Stalte

Career Guidance Coordinator -
Kianna Silvera

Student Rep - Annie Kohutka,
Kennedy Alexander, & Katie Grham

Delegate - Zachari Breeding

Newsletter Chair - Elise Deming



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<http://eatrightphiladelphia.org/>