

# *News from the* **New York State** *Academy of Nutrition and Dietetics*

*The NYSAND e-newsletter serves to inform members of current news related to food & nutrition, and NYSAND activities.*

## **A Message from NYSAND President**

What an honor it is to be serving as your president for these past few months. During my presidency, I hope you see the value of each other; for NYSAND is nothing without you.

I remember years ago I started out as Social Media Manager. Now, social media is how I obtain clients for my private practice.



Volunteering for NYSAND gave me the foundation to grow my private practice and work with individuals all over the world.

NYSAND is built on the foundation of its volunteers and leaders. It's incredible to see like-minded people come together, with the goal of

bettering our discipline and association. You are all individuals at different walks of life, with different experiences, and different levels of expertise.

You get to share those individual strengths and experiences to make an impact for years to come. You have the opportunity to make a difference. You have the opportunity to make a change. You have the opportunity to be a part of something greater.

During my presidency, I hope to inspire you. I hope you see the benefits of working towards something bigger than ourselves. The skills, connections, and leadership opportunities I have received from being a NYSAND volunteer has been invaluable.

Yes, you may be busy. I get that. We all are. But you get to CHOOSE how we spend our time. You get to CHOOSE who you want to be and the impact you want to make.

I am so grateful to be working closely with our immediate Past-President, Michelle Barber and our President-Elect, Katie Brown. There's nothing like being a part of something bigger.

For some updates, Districts to Regions continue to go into effect. Districts are dissolving per their choice. I understand that this is a tedious process and long process, and thank you for your time, perseverance, and energy through this process. Many of your districts to regions questions can be answered [here](#).

NYSAND also hosted a member dinner at FNCE this month. It was so great to meet and connect with some of you!

If you want to be involved to be a part of something greater with the support of some of the best nutrition and dietetic professionals in all of NY, send me an email at [moserback@outlook.com](mailto:moserback@outlook.com). We have open volunteer positions and would love to have you.

Thank you again for being a part of our organization. I do not take being your president lightly and will continue to do all I can to best support you and NYSAND.

Best regards,  
**Mariana Serback, MS, RD, CDN**  
NYSAND President 2023-2024

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## NYSAND Members at FNCE 2023



NYSAND Dinner at Blue Agave Grill



NYSAND Members Group Photo



President-Elect Katie Brown, President Mariana Serback, and Past-President Michelle Barber



NYSAND Members with AND President

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## NYSAND Members at FNCE 2023



Nikki Beckwith, MA, RD, CDN, member of CNYAND, presented her research poster at FNCE, titled *Promoting Diversity Pipeline in Nutrition and Dietetics Profession Through Recruitment Videos for Elementary, Middle, and High School Audiences*.



October 2023 marks 10 years since NYSAND member Drew Hemler, MSc, RD, CDN, FAND began his volunteer journey with the Academy. Beginning in 2013, Hemler helped plan events and manage district projects for his local affiliate, WNYAND, moving onto NYSAND leadership positions in Communications, Social Media, then Chairing the 2019 [Annual Meeting & Expo](#). Now, he's making strides on a national & global scale, serving on the Academy's [Committee for Lifelong Learning](#). Each year, a 13-member panel, the Academy's President-Elect, and Academy FNCE® staff review 300+ proposals, selecting sessions to fit within the program's [11 education tracks](#) to engage attendees representing all areas of practice and 30+ countries. At this year's event in Denver, Drew provided a [Learning Lounge](#) session that guided program planners and speakers, interested in presenting at the 2024 event [held in Minneapolis](#), on how to craft a session proposal that captivates both reviewers and attendees, discussing the importance of forward-thinking topics, practical applications, integrating the Academy's [IDEA initiative](#), and thinking critically about the proposed session's format & delivery.

Hemler completed a Master of Science in Adult Education from his alma mater - Buffalo State University - focusing on instructional design, experiential learning, and diversity issues in adult education. Drew's upcoming second year serving on the committee will help support [the world's largest organization of food & nutrition experts'](#) experimental implementation of lecture enhancements and non-lecture formatted FNCE® sessions, including debates, gamification, case-based learning, story-telling and tech exploration, among other engagement strategies.

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## Continuing Education

### Prebiotics and the Microbiota: Optimizing Gut Health in Critically Ill Patients

- Presented by Kelly Tappenden, PhD, RD, FASPEN
- Held on Wednesday, November 7<sup>th</sup> at 3:00 PM

### Stevia: The Science Behind the Sweet

- Sponsored by [International Stevia Council](#)
- Accreditation: Stevia: The Science Behind the Sweet awards 1.0 CPEU in accordance with the Commission on Dietetic Registration's CPEU Prior Approval Program.
- Presented by Keith Ayoob, EdD, RDN, FAND
- Held on Wednesday, November 8<sup>th</sup> from 2:00-3:00 PM

### Changing the Conversation: Utilize Culinary Skills to Educate Patients with a Food First Approach

- Presented by Julie Lopez, RD
- Held on December 14<sup>th</sup> at 2:00 PM

## Public Policy Updates

**New York State Has Approved RDNs as Medicaid Providers for Pre and Postnatal Care!** We are happy to announce that New York State has announced [NEW Medicaid Maternal/Perinatal Benefits](#), including coverage for nutrition counseling with CDN/RDNs. This is coverage separate from Managed Medicaid coverage and is anticipated will be available in beginning in early 2024. NYSAND is coordinating with NYS DOH as they develop the regulatory and payment structure to enroll CDNs as Medicaid providers. We are excited to share this important news – it will support NYS DOH efforts to improve health for the most vulnerable residents, starting with maternal and perinatal care, and expand access to qualified nutrition care. **CDN/RDN providers must have an [NPI #](#) and current [New York State CDN credential](#) to qualify for enrollment, training, and billing as a NYS Medicaid provider. Consider applying for these required credentials if you don't have them already.** NYSAND is looking forward to continuing collaboration with NYS DOH and will update members as soon as more information is available.

**Welcome to our NEW Student Public Policy Coordinator Ana Victoria Del Rosario Rodriguez!** Ana is a dietetic intern at Syracuse University with a background as an interpreter. She looks forward to helping advocate for dietetics and nutrition in NYS.

## IDEA Liaison Updates

The Inclusion, Diversity, Equity and Access (IDEA) Interest Group held an event on September 28<sup>th</sup> focused on discussing NYSAND's vision for IDEA and brainstorming actions for the group to take.

NYSAND IDEA Interest group spoke with the University of Rochester Mini-Med summer program in July 2023.

Ellie Wilson, Medicaid Task Force Co-chair, met with NYSAND IDEA Interest group in June 2023.

## Academy Updates

FNCE® 2024 may be a year away but the [Call for Sessions & Workshops](#) application closes November 15, 2023 at 5pm CT. If you're an expert and experienced speaker who is looking to share practical applications to support dietetic practitioners in empowering their patients, colleagues & communities, NYSAND encourages you to apply!

## Public Relations Updates

### Introducing Two Additional Media Spokespeople

I'm happy to introduce that in addition to Jonathan Valedrez and Theresa Gentile, Scott Keatley and Allison Bowers also Media Spokespeople for NYSAND. Meet Scott and Allison:



**Scott Keatley** is a seasoned healthcare and media professional based in the Greater New York City Area. He holds an MPPD (Master's Degree in Professional Practice in Dietetics) from Iowa State University and is a Registered Dietitian and Certified Dietitian-Nutritionist. Scott has extensive experience in managing and treating various conditions related to nutrition, including diabetes, obesity, and sports nutrition, through his co-founded practice, Keatley Medical Nutrition Therapy.

In addition to his clinical work, Scott serves as the Chief Operating Officer for Bushwick Bites, a digital media platform highlighting Brooklyn's culinary scene with a focus on sustainability. He is also the founder of Run Sicily, a lifestyle brand crafting performance running apparel.

As an active media contributor for over a decade, Scott has lent his expertise to outlets such as Runner's World, NBC News, Men's Health, and Business Insider.



**Allison Bowers** is a Registered Dietitian Nutritionist with over 12 years in the field working with clients ranging from infants to the elderly. Allison earned a Bachelor of Science in Dietetics from James Madison University and completed her dietetic internship at the University of Saint Joseph.

She also holds a Master's degree in Public Health in Social Behavioral Science and Health Communication from Boston University, as well as a Certificate in Weight Management from the Academy of Nutrition and Dietetics. She is currently Colgate University's Dietitian Specialist and has held numerous dietetic leadership positions at both the state and local levels. In her free time, she enjoys being a new mom to 2 little boys as well as an avid runner.

**Pat Salzer, RDN**

*NYSAND Public Relations Coordinator*

## Recent Press Releases

[Latest Version of the Healthy Eating Index Covers Toddler Diet Quality](#)

[Child Care-provided Meals Are Associated with Improved Child and Family Health](#)

[Academy of Nutrition and Dietetics Champions Medicare Bill That Would Increase Access to Obesity Care by RDNs](#)

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## Check Out These Member Benefits!

### MNT Toolkit

Expanding access to and payment for medical nutrition therapy continues to be one of the Academy's top priorities.

The Academy's **MNTWorks Toolkit** approaches medical nutrition therapy from the lens of a business professional, as the toolkit focuses on positioning MNT as a service/product so that it can be leveraged as effectively as possible when meeting with stakeholders.

Consumers and health care providers are faced with an overwhelming amount of information and advice when it comes to nutrition. The marketplace is filled with constant and sometimes conflicting messages not only about what is "good nutrition," but also who is the most qualified to deliver that information. The key to rising above the "noise" is to effectively "sell" MNT delivered by the RDN as the go-to reputable source for both nutrition information and management of nutrition care.

Developed by member leaders and Academy staff, the MNTWorks Toolkit is a resource that provides RDNs and fellow partners with a step-by-step playbook for advocating for improved access and coverage of MNT to a variety of stakeholders, regardless of practice setting. If you collect a paycheck, there is information in the toolkit to support you.

You can download the toolkit on the Academy's website: [mnt-works-toolkit.pdf \(eatrightpro.org\)](https://eatrightpro.org/mnt-works-toolkit.pdf)

### Power of Payment Videos

Are you aware of how your employer funds your position or how much reimbursement they can collect for the work you do? Knowing this information can put you in a stronger position to negotiate your salary and advocate for more RDNs to be hired.

The **Power of Payment video series** is available for free to members of the Academy of Nutrition and Dietetics and provides a comprehensive understanding of healthcare payment and reimbursements for RDN services—regardless of your work setting. This series covers topics such as health insurance basics, coding, claims, credentialing, superbills, telehealth opportunities, and why every RDN and NDTR should obtain a National Provider Identifier. Gain valuable knowledge and secure the future of our profession with the Power of Payment video series!

- [Health Insurance Basics](#)
- [Introduction to CPT® Codes](#)
- [Introduction to ICD-10-CM Codes](#)
- [Claims, Credentialing and the Superbill](#)
- [National Provider Identifiers](#)
- [Telehealth: Opportunities for RDNs](#)

## District & Region Updates

### CENTRAL NEW YORK ACADEMY OF NUTRITION AND DIETETICS

The Central Region will be hosting an Apple Picking and tour event at Beak and Skiff on October 17th at 5:30 for networking and fun. Anyone who wants to attend is welcome, RSVP coming.



The GDA and WNYAND came together as the **newly formed Great Lakes Region** for a day of networking at Greg's U-pick Farm. The event was hosted by students from the University of Buffalo. Several local dietetics programs were in attendance to promote their programs and to foster a networking opportunity for students with other dietetic and food service professionals. Amy Gerber-Buchanan, a student in the [Garden to Table Nutrition Distance Dietetic Internship](#) held a tasting event themed "Eat Your Weeds". The tasting introduced two wild edible weeds: the cattail and goldenrod by making goldenrod tea and honey cattail cookies.



Wegmans School of Health and Nutrition  
Class of 2025

The Wegmans School of Health and Nutrition at the Rochester Institute of Technology launched its new [Dietetics and Nutrition graduate program](#) with its inaugural class of students in August. Students can choose between completing a BS/MS degree in 5 calendar years or an MS degree in 2 calendar years. Upon completing their studies, students will be eligible to take the registered dietitian exam.

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UHS, with sponsorship from STAND, held their Health and Wellness Teaching Day, Thursday, September 21 in Binghamton. The theme this year was "Onward and Upward: Building a Healthy Future Together" and included talks on disordered eating, stress and resilience and medical cannabis. It awarded six continuing education credits to RDN's and NDTR's. STAND had a table, which was supported by Cornell Intern's Siming Wu and Shania Clark.



STAND hosted a Fall Meet & Greet at Cornell University on October 2<sup>nd</sup>. Members enjoyed appetizers, networked, and earned free CPEU's during Dr. Poole's lecture on personalizing dietary intake for metabolic health.



Congrats to Julie M. Raway, MPH, RDN, CDN, SNS, FAND, Registered Dietitian for Broome Tioga BOCES Food Services & Farm to School Chair! New York School Nutrition Association recognized her at FNCE 2023 with the Outstanding Preceptor Award (OPA). This is to recognize the exceptional teaching, mentoring, and leadership activities of preceptors (both credentialed RDs and credentialed DTRs) in ACEND-accredited dietetics education programs.



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## Annual Meeting & Expo Updates



### Call for Presentations

*People. Purpose. Possibility.*

### **NYSAND 2024 Annual Meeting & Expo**

**April 18-19, 2024**

**Syracuse Marriott Downtown**

You are invited to submit a proposal to share your experience and expertise with NYSAND members and NYS Registered Dietitian Nutritionists at the 2024 Annual Meeting & Expo.

*Presentation submissions must be received no later than 11:59 p.m. December 4, 2023.*

Please submit via the form available on the NYSAND website.

Submit Presentations [here](#).



### Call for Poster Abstracts

*People. Purpose. Possibility.*

### **NYSAND 2024 Annual Meeting & Expo**

You are invited to submit an abstract for review and presentation at the New York State Academy of Nutrition and Dietetics Annual Meeting and Expo located in Syracuse, NY April 18-19, 2024!

**The following abstract types are encouraged:**

| Research Abstracts | Project and Program Reporting Abstracts |  
Innovations in Nutrition and Dietetics Practice and Education Abstracts  
| Nutrition Science Abstracts with Translational Significance |

*Submissions must be received no later than 11:59 p.m. March, 9, 2024.*

Please submit via the form available on the NYSAND website.

Submit Poster Abstracts [here](#).

### **NYSAND Members in the News**

Theresa Gentile, MS, RD, CDN has recently been quoted in the following articles:

- [How Do Feeding Tubes Work?](#)
- [Power Up with Breakfast](#)
- [Which Diets Really Raise Your Lifespan?](#)

### **HELP WANTED**

#### **NYSAND Starts With YOU!**

Learn new skills, network, and attend events by volunteering for NYSAND. Regardless of your time availability, interests, or passions, NYSAND has a place for everyone! Contact Mariana at [mserback@outlook.com](mailto:mserback@outlook.com) of NYSAND at [nysand@caphill.com](mailto:nysand@caphill.com) to get involved.

NYSAND is looking for Contributors for the next newsletter. It's an excellent opportunity to keep up with our profession and collaborate with other leadership volunteers!

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Interested in contributing to NYSAND newsletters? Members should contact Sarah, [nysand@caphill.com](mailto:nysand@caphill.com) or Emily, [eholdorfRD@gmail.com](mailto:eholdorfRD@gmail.com) for more info.

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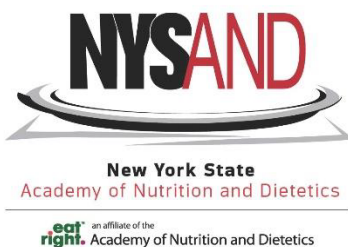


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New York State Academy of  
Nutrition and Dietetics

## There's Still Time to Join the Academy of Nutrition & Dietetics and the NYSAND!

Don't miss out on these fantastic benefits!!!

- Evidence Analysis Library View the complete list of EAL evidence-based nutrition practice guidelines and systematic reviews at-a-glance. Includes information on project updates and new releases. [EAL](#)
- Continuing Professional Education: Staying up to date on developments in Food and Nutrition Science to build your knowledge, enhance your skill and advance your career [Continuing Professional Education](#) CPEs include Face to Face Learning, Webinar Opportunities, Online Certificates of Training, and Self-Study Opportunities
- Career Development – stay up to date on latest career opportunities and salary surveys. Also learn about Mentor Programs, Job Opportunities and review the salary calculator (including Career Coaching and Resume Writing) [Career Resources](#)
- Don't miss the NYSAND AME 2024 Meeting in April 2024! 9 of CPEs available

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