



NEWS FROM THE NEW YORK STATE ACADEMY OF NUTRITION & DIETETICS

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

A MESSAGE FROM YOUR NYSAND PRESIDENT

Hello NYSAND members,

It is an honor to lead NYSAND alongside an incredible group of leaders as we enter an exciting new chapter for our organization!

Our theme this year is Together. Empowered. Moving Forward. These words represent our commitment to building a stronger, more connected, transparent, and member-driven NYSAND.

Following transitions between management companies, we recognized an opportunity not simply to move forward, but to thoughtfully redefine and strengthen our organization. Like the Academy, NYSAND is evolving, and we want our members at the center of that evolution.

Together – During our first quarter, leadership focused on strengthening NYSAND’s foundation. We organized governing and financial documents, implemented systems and workflows to improve efficiency and sustainability, updated our volunteer leadership records, held an orientation for NYSAND leaders, and created a student group to engage the future of our profession.

We have laid the groundwork. Now, it is time to rebuild.

Empowered – NYSAND represents nutrition and dietetics professionals across one of the most diverse states in the country, placing us in a unique position to advocate for our profession and the communities we serve.

This quarter, we will continue improving our website and making newly developed resources available to members. We encourage you to participate in regional events, get involved, and make your voice heard. What do you want from NYSAND? What resources would better support you? Where should we go from here? We want to hear from you more than ever.

Moving Forward – During the second half of the year, we will begin rebranding NYSAND to better reflect who we are today and where we want our organization and profession to go in the future.

There is much ahead, and tremendous opportunity! The strength of NYSAND is our members, and our next chapter will be shaped by all of us. **CONTINUED ON THE NEXT PAGE....**

PRESIDENT'S MESSAGE CONTINUED...

Together, we strengthen our community. Empowered, we amplify our collective voice. Moving forward, we shape the future of NYSAND.

Thank you for your continued membership, engagement, and trust as we build what comes next. My (virtual) door is always open, and I welcome your feedback, ideas, questions, and concerns. Please feel free to reach out to me personally at Kristina.tito624@gmail.com. For general NYSAND inquiries, you may also contact info@eatrightny.org.

I look forward to hearing from you and, most importantly, continuing to move NYSAND forward together.

Warmly,

Kristina Titomihelakis. PhD. MS. RDN. CSO. CPH. CPT. CES

NYSAND 2026-2027 President

kristina.tito624@gmail.com

YOUR NYSAND LEADERSHIP TEAM



Kristina Titomihelakis
2026-2027 President



Deborah Marcello
2026-2027 President-Elect



Brenda Ariba Zarhari Abu
2026-2027 Past-President



Julia Jarrell
NYSAND Association Manager



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New York State
Academy of Nutrition and Dietetics

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NYSAND 2026-2027

TOGETHER. EMPOWERED. MOVING FORWARD.



ORGANIZATION

Building strong foundations and streamlining processes for lasting impact.



FORWARD MOVEMENT

Embracing progress and innovation to advance our profession.



COLLABORATION

Working together to achieve more and create meaningful connections.



RESPECT

Valuing each individual and fostering a culture of trust and professionalism.



INCLUSIVITY

Embracing diversity and ensuring everyone feels welcome and empowered.



SUPPORT

Empowering our members and communities to thrive together.

One Vision. One Community. Stronger Together. ♥

NYSAND SWAG SHOP!

NYSAND has launched an online swag shop! [Shop here.](#)

**SUPPORT NY
DIETITIANS**



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UPCOMING NYSAND EVENTS

NYSAND VIRTUAL TOWN HALL

Date: Tuesday, September 29th @ 5:30 PM



This is a great opportunity for members to hear the latest organizational updates directly from leadership. Please help us spread the word!

[Register for the town hall here](#)

NYSAND NETWORKING IN MIDTOWN

Date: Friday, October 16th @ 6:30 PM



An in-person opportunity to connect with fellow members in a relaxed setting — pass this along to anyone in the Midtown/NYC area who'd enjoy a night of networking.

Location: Burgerology in Midtown, Manhattan

[Register for the networking event here](#)

NYSAND FNCE CONNECT

Date: Sunday, October 25th @ 5:30 PM



Come join the New York State Academy of Nutrition and Dietetics for a networking event at FNCE 2026 in San Antonio, TX!

Location: Henry B Gonzalez Convention Center in Room 216A

[Register for the FNCE event here](#)

SAVE THE DATE: NYSAND VIRTUAL JOB FAIR

Curious about where a career in nutrition and dietetics could take you? The NYSAND Student Committee is beginning to plan an exciting Virtual Job Fair for **January**!

Students would have the opportunity to meet professionals from different areas of dietetics, hear about their career paths and day-to-day experiences, and ask questions in interactive breakout rooms. Because the event will be virtual, students can participate and connect with professionals from wherever they are!

Whether you are interested in clinical nutrition, community and public health, foodservice management, sports nutrition, private practice, or another area of dietetics, this event will help you explore the many possibilities within the profession.

Stay tuned for more information and a student interest survey!

**STAY UP TO DATE
WITH ALL UPCOMING
NYSAND EVENTS WITH
OUR NEW EVENTS
CALENDAR**



Check out the upcoming
New York State Academy
networking and educational
events!



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NYSAND PUBLIC POLICY UPDATES

HEALTHFIRST REIMBURSEMENT UPDATES

Some New York RDNs participating with Healthfirst have recently reported reductions in reimbursement for nutrition services, including CPT code 97803.

Healthfirst has reportedly advised some providers that the change relates to an update to its standard fee schedule that was intended to take effect March 1, 2026. According to communications received by providers, Healthfirst states that a notice dated December 1, 2025 was sent regarding the change, but implementation was delayed and some claims continued to be reimbursed at the previous rate until the change was subsequently applied.

Participating RDNs are encouraged to review their recent Healthfirst claims and determine whether their reimbursement has changed. Providers who did not receive advance notice of a reimbursement change may wish to request from Healthfirst:

- A copy of any notice Healthfirst states was sent regarding the reimbursement change
- The date and method by which the notice was sent
- The previous and current fee schedules applicable to their contract
- The effective date of the reimbursement change
- The contractual basis for the change

New York law provides protections regarding certain adverse reimbursement changes. Under New York Public Health Law § 4406-c(5-c) and Insurance Law § 3217-b(g)(1), as applicable, health plans generally must provide directly contracted health care professionals at least 90 days' written notice before implementing an adverse reimbursement change that could reasonably be expected to have a material adverse impact on aggregate reimbursement. Exceptions apply, including certain changes required by law, regulation, or an applicable regulatory authority; changes resulting from certain government-established fee schedules or reimbursement methodologies; and certain changes expressly provided for under the terms of the provider contract through a specified fee or fee schedule, reimbursement methodology, or payment-policy indexing mechanism.

Providers who believe an applicable reimbursement change was implemented without adequate notice may consider filing a complaint with the appropriate New York State regulator.

Healthfirst Mainstream Medicaid:

NYS Dept. of Health Managed Care Complaint Unit
managedcarecomplaint@health.ny.gov
[1-800-206-8125](tel:1-800-206-8125)

Healthfirst Essential Plan:

NYS Dept. of Health
EssentialPlanComplaints@health.ny.gov

For commercial insurance products regulated by the New York State Department of Financial Services, providers can contact DFS regarding the appropriate complaint process at [1-800-342-3736](tel:1-800-342-3736) or through the DFS complaint website.

When submitting a complaint, providers should include documentation of the reimbursement change, the affected CPT codes and Healthfirst products, correspondence with Healthfirst, and any documentation concerning whether or how notice of the change was provided.

This information is intended to help NYSAND members identify and appropriately report potential reimbursement issues and is not legal advice.



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NYSAND PUBLIC POLICY UPDATES CONTINUED...

HIGHMARK POLICY CHANGES STARTING OCTOBER 2026

NYSAND members who bill Highmark should be aware of some policy changes set to go into effect on 10/26/26 for MNT.

The Medical Nutrition Management Services (MNT) commercial medical policy (Policy number V-44-029) is being updated and below is a list of some of the changes:

- New limits for coverage (5-hour limit of MNT a year) are being implemented for patients who DO NOT meet the criteria for preventive medicine services or have a diagnosed eating disorder.
- The visit limit will start on the policy effective date and will not count visits conducted before 10/26/26 towards the 5-hour limit. A new set of 5 hours will be allowed at the time the policy renews for the member.
- Additional hours can be requested beyond the 5 hours/year as needed and the guidelines for doing that are outlined in the policy.
- This policy does not change any coverage limits in place for preventive medicine services.

How to access the policies:

- V-44: a link for this can be found in the July 2026 Medical Policy Update newsletter on the provider resource center under the tab "communications hub" (page 3).
- Preventive Health Guidelines: A link to these can be accessed by visiting the provider resource center → Resources and Education → Clinical Quality and Education → Preventive Health Guidelines.

Please make yourself familiar with these updates in preparation for the implementation in 10/2026 and reach out to Highmark via email with more questions:

MedicalPolicyInquiries@highmarkhealth.org.

NATIONAL PUBLIC POLICY NEWS

ACADEMY COMMENTS ON MEDICARE ESRD PROPOSED REGULATION – MULTIPLE POTENTIAL WINS

ACADEMY HIGHLIGHTS WORKFORCE INVESTMENT AND INTERPROFESSIONAL COLLABORATION IN NUTRITION CARE

NUTRITION ASSESSMENT AND NUTRITION ORDERS ADDED TO NATIONAL HEALTH DATA STANDARDS



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NYSAND LOBBYIST, CHRISTINE RUTIGLIANO, NAMED HONOREE FOR BEST IN GOVERNMENT AFFAIRS AWARDS

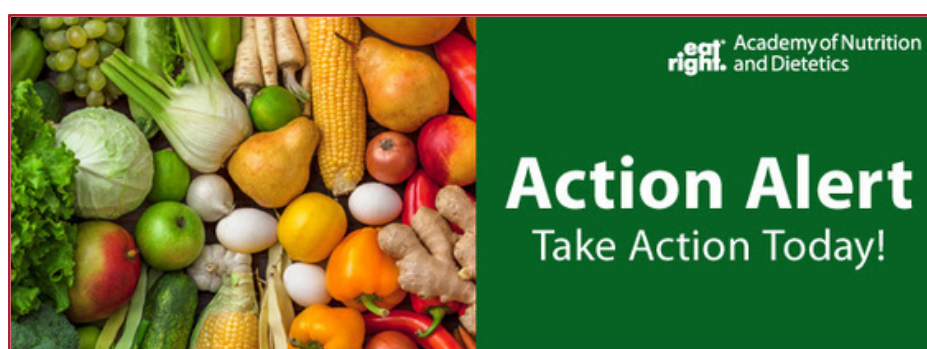
NYSAND is proud to share that one of our lobbyists, Christine (Chrissie) Rutigliano, is one of 46 honorees of the 2026 Best in Government Affairs New York awards. There were seven award categories and Chrissie was named as one of the Longtime Legends in Government Affairs. This category honors the professionals whose decades of work have shaped New York government affairs. Trusted veterans, mentors, and dealmakers whose reputations are built on results, relationships, and respect.



Christine (Chrissie) Rutigliano

Chrissie has built her career from the inside out — spending nearly 15 years in the New York State Legislature before crossing into two of Albany's other seats of power: the Comptroller's office and, since 2007, Robinson+Cole, where she now serves as President of the firm's Roffe Group. As one peer nominator put it, "Christine has made a lasting and meaningful impact on government, public policy, advocacy, and public service throughout New York State" over a career spanning more than three decades. That path, threading through the legislative, fiscal, and executive branches alike, gives her a comprehensive view of how New York government actually operates that few in her field can claim.

Congrats, Chrissie!



There are several important action alerts available for you to take action on currently.
[Take Action Now!](#)



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MEMBER UPDATES

PRESIDENT'S MESSAGE — AUGUST 2026

PRESIDENT'S MESSAGE — JULY 2026

PRESIDENT'S MESSAGE — JUNE 2026

IMPACT FACTOR FOR THE JOURNAL OF THE ACADEMY OF NUTRITION AND DIETETICS INCREASES

CDR RECERTIFICATION NEWS

Beginning January 1, 2027, practitioners submitting an Activity Log for Midpoint Review will be required to upload supporting documentation for every activity included in the submission. The documentation required for each activity type is outlined in the corresponding activity type definition in the PDP Guide.

Certificates of completion must include the practitioner's name, provider name, activity title, completion date, and the number of CPEUs awarded. Incomplete documentation will not be accepted.

The Midpoint Review provides an opportunity to receive feedback on the Activity Log prior to final submission. Practitioners may submit once per five-year recertification cycle, with a deadline of 11:59 PM CT on November 30 of the year preceding the end of the cycle. RDs may submit when they have recorded 30–74 CPEUs, and DTRs may submit when they have recorded 30–49 CPEUs. After the review is completed, activities included in the submission cannot be edited or deleted.



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GREATER NY/LONG ISLAND UPDATES

Our region was extremely busy this summer, engaging with several policymakers:

- Nassau county Executive Bruce Blakeman, a New York State Governor candidate
- County legislators, Councilmen and women, Assemblymen , Senators, and Congressman Tom Souzzi

We continued to renew relationships with these policymakers during many community events. Diversity wins! There were 12 proclamations and citations obtained and distributed among Leadership. One County Executive even chose one of our member and placed her photo on post card to be distributed to every household in Nassau county! Our dietitian presence was felt.



Rita Batheja & Congressman Tom Souzzi



Rita, Senator Rhoads & Shaji

The American Association of Physicians of Indian Origin (Queens Long Island chapter) invited Rachel Stahl Saltzman, RDN of Weill Cornell with endocrinologist, Dr. Kapoor, to educate attendees on Continuous Glucose Monitoring (CGM) using Dexcom's Stelo, which was given to each attendee. This was an important training in letting MDs know to collaborate with RDNs in their practices and refer their patients to nutrition education.



Dr. Kapoor & Rachel Stahl Saltzman with attendees

There was an International Yoga Day event was organized by Indian consulate at Jones Beach. Everybody was given a Tshirt, Hat and Yoga Mat.



Rita Batheja at International Yoga Day event



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GREATER NY/LONG ISLAND UPDATES CONTINUED...

Several RDN CDCS friends have formed "Sisters of Salt" group and have met for many years. When meeting they share Academy and NYSAND updates along with a pot luck dish to pass! At a recent gathering, Mei-Hua Chen, RDN taught chair Zumba, yoga, Qigong and Tai Chi. Diana Malkin Wasserheim's newly published book was also discussed. The group also walked on the Long Beach Boardwalk and had lunch at seafood restaurant.



"Sisters of Salt" group

The India Home senior/adult daycare program for all communities has been made available at the church in Hicksville. Different Nutritionists have been invited to lecture on various nutrition topics. GNYLIAND members have been announced for the community to utilize our nutrition expertise and services.

Several RDNs attended Standard Process' plant-based organic whole food nutraceutical in-person seminar for all healthcare professionals to collaborate with each other.



India Home founder, Dr. Vasundhara Kalaspudi

The National Alliance of Indian Organization (NAIO) has been formed by four multi-millionaires and multi-billionaires. One of our Integrative & Functional Medicine RDNs is a founding trustee and has brought up the point to bring functional medicine to the forefront of the community so consumers can benefit from RDNs through in-person or telehealth services. The future is very bright for our younger generation of dietitians! Be sure to become a member of the Academy & DIFM DPG to learn more.



Maryann, Ariana, Julianna, Rita, Ryan & Eileen at the seminar



NAIO founding trustees



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CENTRAL REGION UPDATES

The NYSAND Central Region participated in the [IronMan 70.3 Musselman](#) competition on July 10-12, which brought in over 2500 athletes from around the world! By volunteering at the event, the group was able to bring in fundraising dollars to use to continue to give back to membership through various professional development and networking opportunities.

GREAT LAKES REGION KICKOFF EVENT

Kick off the season with the crew from the Great Lakes region and get ready for some awesome connections and fun vibes!

Register today for the kick off of the GLRAND year with networking, fundraising, and fall fun! Bring family, friends, and colleagues to connect with GLRAND members, local nutrition students, and interns while enjoying the farm, cider, donuts and apples!

Greg's U-Pick Farm

9270 Lapp Rd, Clarence Center, NY 14032

September 26, 2026 | 11 AM-1 PM

Pick flowers or vegetables: \$10 each, paid at the farm store

50/50 Raffle: Proceeds support the GLRAND Nancy DeMuth Ruhle Scholarship

Wear your college merch!

Click here to register!

- Students: \$5 and guests <12 years old
- Members: \$10
- Non-members & Guests: \$15

NEW! COMMUNICATIONS REQUEST FORM

Do you have something you'd like shared on social media, in an e-blast, or in the next newsletter edition?

Use the NEW! **NYSAND Communications Request Form** to get your content shared out to membership. This easy form includes all the important details needed for sharing things like events, members' awards, photos, and stories that should be shared with everyone. Start using it today!



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ADCES NAMES RACHEL STAHL SALZMAN 2027 DIABETES CARE AND EDUCATION SPECIALIST OF THE YEAR

NYSAND is proud to share that member, Rachel Stahl Salzman, MS, RDN, CDN, CDCES, a Lecturer in Medicine and certified diabetes care and education specialist (CDCES) Lead at Weill Cornell Medicine in New York City, has been selected as the recipient of the 2027 Diabetes Care and Education Specialist of the Year Award. Rachel is dedicated to helping people with diabetes achieve sustainable lifestyle changes and effectively use diabetes technology to improve their health and quality of life.



Rachel Stahl Salzman

The Diabetes Care and Education Specialist of the Year Award recognizes a diabetes care and education specialist who has made exceptional contributions to the field through dedication, innovation, and compassionate, person-centered care.

In addition to her clinical work, Rachel serves as President of the ADCES Metropolitan New York Local Networking Group, where she fosters collaboration and professional engagement among diabetes care and education specialists. She was selected for her compassionate, evidence-based approach to care, her commitment to mentoring the next generation of healthcare professionals, and her leadership in quality improvement and research. Through her clinical expertise, education, advocacy, and leadership, Rachel exemplifies the highest standards of the diabetes care and education specialty.

The Association of Diabetes Care & Education Specialists (ADCES) is an interdisciplinary professional membership organization dedicated to improving prediabetes, diabetes and cardiometabolic care through innovative education, management and support. With more than 11,000 professional members including nurses, dietitians, pharmacists and others, ADCES has a vast network of practitioners working to optimize care and reduce complications. ADCES supports an integrated care model that lowers the cost of care, improves experiences and helps its members lead so better outcomes follow.

Congrats, Rachel!



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CONTINUING EDUCATION OPPORTUNITIES

LIVE WEBINAR: BEYOND THE NOISE: HOW TRUSTED VOICES BUILD CONFIDENCE IN FRUITS & VEGETABLES

Date: September 24th at 2:00 PM

With nutrition advice, social media trends, and food safety headlines competing for attention, consumers are looking for trusted guidance. Learn how purchasing data, emerging trends, and food safety communications shape perceptions of fruits and vegetables, and discover how RDs can help build confidence and support informed choices.

[Register Now](#)

ADVANCING DIABETES CARE

Date: October 17th from 8:00 AM – 12:00 PM

Join the Association of Diabetes Care & Education Specialists (ADCES) NY Metro LNG in this annual event for healthcare professionals, providing updates regarding diabetes care and education.

[Register here](#)



6TH ANNUAL FOOD AS MEDICINE SYMPOSIUM

Date: October 15–16

The Buffalo Niagara Medical Campus (BNMC) invites New York State dietitians to the 6th Annual Food as Medicine Symposium, taking place October 15–16, 2026 at the UB Jacobs School of Medicine in Buffalo. This two-day event brings together clinicians, researchers, and food systems leaders for sessions spanning women's health, integrative medicine, root cause approaches to chronic disease, sustainable food systems, and clinician well-being. Featured speakers include national leaders in lifestyle medicine and Food as Medicine practice. One of the keynote speakers is a fellow Registered Dietitian: Dr. Alex Ford DO RD.

Continuing education credit (CPEUs) for RDNs is pending approval. Registration details will be shared soon; in the meantime, questions can be directed to Beth Machnica, MPH, MS, RDN, CDN at emachnica@bnmc.org

[Learn more about the agenda and registration](#)



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NYSAND STUDENT CORNER

VOLUNTEER OPPORTUNITY: STUDENT SOCIAL MEDIA VOLUNTEER

Looking to build your professional portfolio while connecting with dietetics professionals across New York State? NYSAND is seeking a Student Social Media Volunteer to help share updates, member highlights, and event coverage across our platforms — with flexible, project-based involvement that fits around your class schedule. Ideal candidates are current student members of the AND with strong organization, communication, and record-keeping skills. Outstanding volunteers are eligible for a letter of recommendation, making this a great way to build experience and strengthen your resume at the same time.

[Click here to volunteer!](#)

NYSAND STUDENT OPEN MIC NIGHT!

Have something to share—or want to listen, connect, and support other nutrition students? The NYSAND Student Committee is exploring interest in an in-person Student Open Mic Night, planned for Election Day—Tuesday, November 3—from 5:30–8:30 p.m. at the Oyster Bay Public Library.

This event would give students a fun and welcoming space to connect, share experiences, perform, and give short presentations related to nutrition and dietetics. Whether you would like to take the mic, help with the event, or simply attend, we would love to hear from you!

[Complete the survey here](#)

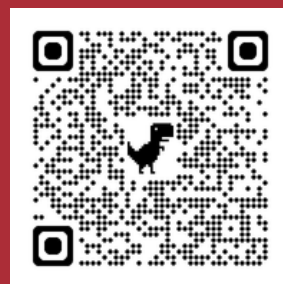
JOIN THE NYSAND STUDENT GROUP

Calling all nutrition and dietetics students!

Looking to make connections, explore career opportunities, and get more involved in the profession?

Academy and NYSAND membership connects students with professional resources, educational opportunities, and a community of nutrition and dietetics professionals.

You can also get involved with the NYSAND Student Committee to meet other students, explore careers, volunteer, and help plan events. Complete our Student Interest Form to receive updates about upcoming opportunities. There is no specific time commitment required!



[STUDENT GROUP INTEREST FORM](#)



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SEEKING NEWSLETTER VOLUNTEERS!

NYSAND is looking for Volunteers to help with organizing and editing future newsletter editions. Some experience with Canva is preferred, but not necessary.

Interested in volunteering? Members should contact nysandmail@gmail.com.

CONTRIBUTE TO THE NEXT NEWSLETTER

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!

Interested in contributing to NYSAND newsletters? Members should contact Emily Holdorf (eholdorfRD@gmail.com) for more info.



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